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in Waltham Forest
A guide to services and activities for the over 50s

8 page
supplement
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Issue 99

2 september 2013

Borough's best ever exam results

**Students do themselves and
their teachers proud by notching
up impressive GCSE marks**

**Teenagers across Waltham
Forest cheered with joy as they
collected their GCSE results with
schools celebrating best ever
exam achievements.**

Provisional figures show that 56 per cent of pupils achieved at least five A*-Cs, including English and maths which is an increase of three per cent from last year.

Many schools exceeded expectations by polling their most impressive GCSE results to date including Rushcroft Foundation School, Buxton School, Walthamstow Academy, Walthamstow School for Girls, Lammas School & Sports College and George Mitchell School.

Councillor Clare Coghill, cabinet member for Children and Young People said: "Once again, pupils have done us proud, achieving amazing results. Waltham Forest has come so far in terms of attainment in recent years and we are heading in

the right direction."

"This is down to the commitment and leadership of our teaching staff and of course the sheer hard work of our pupils. I hope people will see that not only do we have great primary schools but our secondary schools are fantastic too."

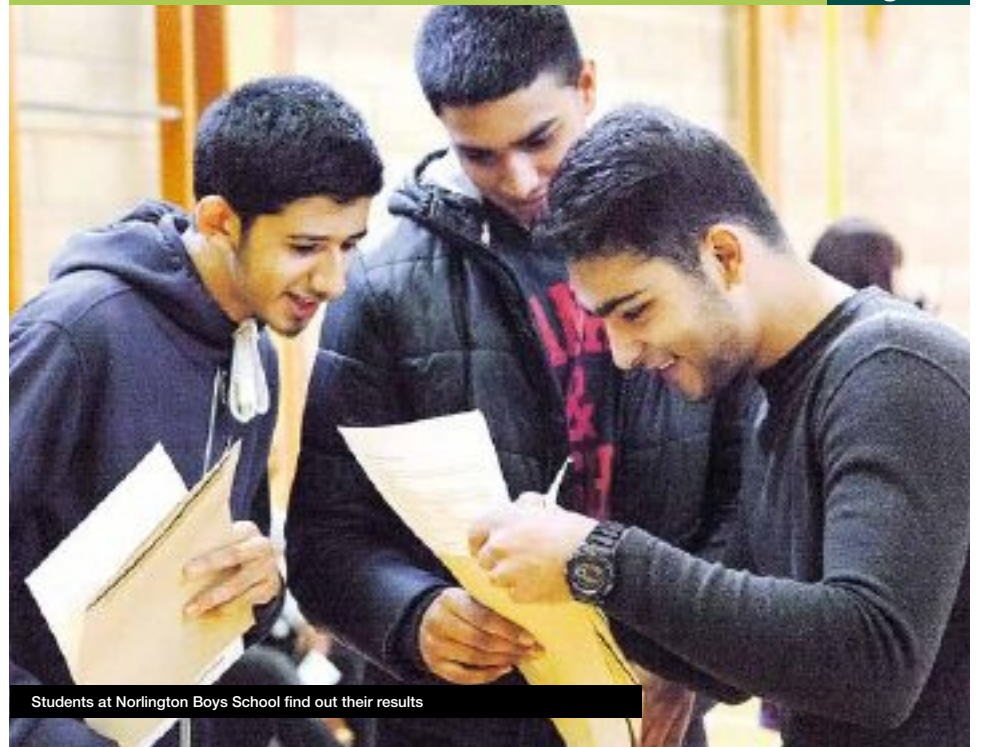
The Council is committed to improving education provision and attainment to ensure young people achieve their potential. Standards at Key Stage 4 and 5 (ages 14-18) have risen sharply with more than 98 per cent of students achieving A level passes.

The Council has invested £1 million to create an Achievement Partnership between five schools to raise standards through innovative projects.

The quality of secondary education is currently rated as very good by Ofsted with 86 per cent of children attending a good or outstanding school. The Council is aiming for 100 per cent in the next inspections.

Students are top of the class

Full story
Page 13



Students at Norlington Boys School find out their results

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WALTHAM FOREST COLLEGE



Training young people for work



The Council hosted a popular careers fair for young people in July

- Two new programmes to help young people into work
- Work trials and placements complement qualifications and practical help

Hot on the heels of record breaking exam results, Waltham Forest Council's Adult Learning Service is running two exciting programmes to help equip young people with the necessary skills and training they need to approach the jobs market with confidence.

"These programmes are flexible and designed to address key skills gaps that would prevent young people progressing to an apprenticeship or into work," explained Cllr Mark Rusling, cabinet member for Economic Development and Corporate Resources.

"In the current climate young people cannot afford to give a potential employer any excuse to overlook their application on the basis that they come up short in a particular area."

The traineeship programme helps

support young people to develop skills that will enable them to progress to apprenticeships or other forms of sustainable employment. The Unlock Your Potential (UYP) 16-18 Programme is for young people who need more support and will take longer to get work ready.

A Business and Retail Traineeship Induction and Taster day will take place on 18 September at Queens Road Learning Centre, E17 8QR. Book a place to avoid disappointment.

More info

To book a place at the Induction and Taster day email **farook.looch@walthamforest.gov.uk** or telephone **0208 496 2981** or **0208 496 2976**. Places may be available for those who turn up on the day but cannot be guaranteed.

In my opinion



Leanne Gayle

Student

Last year, I searched for volunteering opportunities and within a few weeks I found myself working as a young volunteer tour guide at the Geffrye Museum. I enjoyed every minute, meeting new people and developing skills. Volunteering also led to my first job.

I will be starting my A levels soon and hopefully onto university after my studies and believe being proactive and involved in extracurricular activities will benefit me tremendously in the future.

During the holidays I applied to

a summer journalism school and attended a group interview. From this experience I realised how tough the competition can be and what I will be up against to secure a place at university. Not having a school paper or articles which have been published seemed like I wasn't interested in journalism, compared to the other applicants. Only then did I realise the value of volunteering and extracurricular activities especially ones that will contribute to an aspiring profession.

There are lots of opportunities

for young people out there yet when I tell my friends about them they're not interested. Museums may not be everyone's taste, so how about doing courses in anything ranging from fashion to photography. Yet still I can't convince anyone to spend a week doing something a little more engaging than staring at a glowing screen every day.

As I move to a new sixth form with lots of opportunities to join societies and clubs I will be re-applying for that journalism school next year hopefully with a sack full

of writing experience.

I want more young people to take advantage of volunteering opportunities as it could lead you to bigger and better things.

During my placement I met extraordinary people and secured a second job for the summer. If you didn't get a job this summer apply for some volunteering

and next summer re-apply with your CV bursting with new skills and I am sure you will not be disappointed.

To find out more about volunteering in the borough contact Voluntary Action Waltham Forest on 020 8521 0377 or visit www.voluntaryaction.net

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

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Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email **walthamforestnews@walthamforest.gov.uk** or call 020 8496 3000.

Advertising and promotional enquiries:

Eva Jaber, 020 8496 3000 (press 6)
advertisingwfn@walthamforest.gov.uk

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Housing allocations changes

- New conditions for succession rights to be introduced
- Policy aims to be fairer to reflect demands for housing provision

The way that homes are being allocated in the borough is set to change as the Council updates its Allocation Policy.

From 2 September, Ascham Homes, the council's housing management organisation, will use the new framework to assess housing applications.

The revised policy aims to be fairer to reflect local demands for housing.

The policy will provide a more realistic and helpful approach to applying for a home.

Applicants will now need to be

at least 18 years of age to apply and be living at an address in Waltham Forest and have lived in the borough for the last two years. Succession rights to new Council tenancies will be restricted to spouses and partners only.

Applicants will be required to renew their application every 12 months and Ascham will be making offers of homes with a private landlord to some homeless households.

The new policy also states that bedroom size criteria is changing to align with the government's

new criteria used for benefit assessments. Some applicants will see their level of 'points' change, which they will be able to review by applying online.

People currently on the Housing Register who are not living in Waltham Forest will see their application cancelled unless it has been agreed that they can remain on the Register.

An existing applicant living in the borough will need to renew their application in 12 months time, and then again every year if they wish to remain on the Register.

Applicants assessed as having 'no preference' will not be able to bid for vacancies advertised. This recognises in reality their bid was not going to be successful because of the sheer scale of demand.

Ascham will instead be offering advice to help those people find a home themselves.

More info

For more information visit the Council's website at www.walthamforest.gov.uk/housing. Free internet access is available at all libraries in the borough.

Council vows to keep fighting fire cuts which put residents at risk

- Mayor of London proposes to axe 10 fire stations across London
- Waltham Forest risks losing three of its fire engines



Councils across the capital are challenging proposed fire cuts

Waltham Forest Council has teamed up with local authorities across the capital in a bid to save three of the borough's fire engines.

Joining forces with Camden, Greenwich, Hackney, Islington, Lewisham, Southwark and Tower

Hamlets councils, the authority has written a joint letter to the Secretary of State for Communities and Local Government Eric Pickles asking him to overrule the Mayor of London's decision.

The Mayor decided earlier this month that 10 fire stations will be

closed, together with the loss of 14 fire engines and 552 operational posts. In Waltham Forest the plan will see the number of engines reduced from eight to five, with Leyton, Leytonstone and Chingford fire stations each losing one of their engines, whilst Walthamstow will

retain both of its engines.

This will increase the time it will take for a second fire engine to arrive at the scene of a blaze by almost a minute and means that nine of the boroughs 20 wards will be outside the eight minute target time set by the Mayor of London for a second appliance to attend the scene of an incident.

Chris Robbins, Leader of Waltham Forest Council, said: "We've got a duty to protect Waltham Forest's residents from these reckless plans that put lives at risk.

"The fact that we are losing the very engines that were given to us just a short while ago due to serious safety concerns beggars belief. We are working with likeminded council's across London to challenge this decision."

The Council responded to the London Fire Authority's consultation about the plans back in June 2013 and raised serious concerns about the implications for the borough.

If the appeal to the Secretary of State is unsuccessful, the eight councils are also preparing to seek a judicial review of the Mayor's decision.

More info

For more information visit www.london-fire.gov.uk

In brief

Safer giving

Residents are urged to be wary of people on the streets who say they are collecting for Syria. To ensure that you are giving to a legitimate charity that is supporting humanitarian work in Syria donate to charities that have experience of giving aid in war torn places. Before giving, check the charity's name and registration number. When approached by collectors, check whether they are wearing a proper ID badge - a genuine fundraiser should be happy to answer questions and explain the work of the charity. If in doubt, go online or give directly to the charity in other ways.

• You can check a charity's details and find out more at www.charitycommission.gov.uk

Mutual exchange day

A mutual exchange day will be held at the Epicentre (41 West Street, E11 4LJ) in Leytonstone on Tuesday 17 September between 10.30am and 3.30pm. The event will allow residents who already have a social tenancy with a housing association or the local authority to look to swap their property with another tenant. Swapping may help alleviate the effect of the so called 'bedroom tax' being introduced by the Government or provide much needed room for a growing family.

• For more information about the day please phone 020 7922 8579.

Summer weekend

Wave goodbye to the summer in style by heading down to the Leytonstone Big Weekender. The Leytonstone Big Weekender will mark the last in the Big Weekender series taking place on Saturday 7 and Sunday 8 September at Cathall Green and Church Lane.

The fun weekend will be packed with arts, culture and live music. Saturday's family fun day at Cathall Green will be complemented by the annual Car Free Day in Leytonstone on Sunday headlined by two-tone legends The Beat! The event is part of the Council's summer-long Get Together series of free events that have been crammed with music, film and sports.

• For more details visit www.walthamforest.gov.uk/events-get-together or phone 020 8496 3000.

4 Priorities

Do you clean up after your dog?

Waltham Forest Council has four key priorities to help improve the lives of residents. In this edition we look at what we are doing to keep the borough clean and specifically an element of the 'Don't mess with Waltham Forest' campaign that focuses on dog mess.



Cllr Loakes with Beatrice Salmon, a Chingford dog owner who uses Memorial Park twice a day.

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MESS
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WALTHAM
FOREST**

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SHAMED

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Not picking up your dog's mess is not tolerated in Waltham Forest, it's disgusting and a health hazard, so dispose of your waste in a bin.

www.walthamforest.gov.uk/dontmess





WALTHAM FOREST
Guardian


Waltham Forest

The 'Don't mess with Waltham Forest' campaign is working to stamp out various forms of enviro-crime, targeting those individuals who litter and fly tip, spit in the street and drop cigarette butts in our public places.

Another element of the campaign involves concentrating on irresponsible dog owners that fail to clear up after their pets. "We know that the vast majority of dog owners take their responsibility to bag their dog's waste seriously," said Councillor Clyde Loakes, deputy leader and cabinet member for Environment.

"This campaign aims to encourage everyone to take responsibility for their dogs. It's not pleasant to come across dog mess in the street or in our parks and it doesn't take much to pick up after your dog."

Educating dog owners

Dog mess is an area of enviro-crime where the culture has changed over the last few decades, with dog owners picking up after their dogs moving from being unusual to the norm. Unfortunately, not all dog owners are responsible and the complacent attitude of the minority has forced the Council to take action.

The 'Don't mess with Waltham Forest' campaign both looks to fine those individuals caught leaving dog mess in a public place and seeks to send a message out that such behaviour is simply unacceptable.

"In Waltham Forest we have a very well-resourced Dog Enforcement Team who are out there in our parks talking to dog owners on a regular basis

about their responsibilities," said Cllr Loakes. "We also have environmental enforcement officers capable of issuing fines and are working with the police to train up all the Police Community Support Officers in the borough too."

"However, we are realistic about the impact fines can have. While it is fairly easy to patrol a town centre location and catch people in the act of littering, it is more problematic to have officers walking round parks and acting as a deterrent. Even with the significant resource we have, the cost-effectiveness of doing this on a large scale is questionable."

Other issues include the times of day that dog owners are often out walking their pets and the vast areas that parks and open spaces cover. The Council does monitor complaints and reports of areas where dog fouling is worst and

targets 'hot-spots'. Intelligence provided by responsible dog owners is key to addressing issues at a local level.

Meeting dog owners

On Friday 30 August Cllr Loakes spent some time talking to dog owners in Memorial Park, Chingford and St James Park, Walthamstow. Beatrice Salmon from Chingford told Waltham Forest News, "I come to Memorial Park twice a day to walk my dog."

"I think the people who regularly walk their dogs here generally pick up after them, although occasionally someone might leave something behind. I think the Council is right to fine dog owners they catch not picking up after their pets."

Cllr Loakes added, "The deterrent of fines is an important

tool, but obviously looking to change the behaviour of people by slapping each one with a fine is not the only way."

"We need to engender a change of culture in those that are still either living in the past, or in some way believe themselves to be above the law. We live in one of the greenest boroughs in London and this is a great place to own a dog and it is down to all of us to treat our wonderful parks and open spaces with respect."

More info

For more information about dog owner responsibility in Waltham Forest visit the Council's website at www.walthamforest.gov.uk/animal-welfare and to report issues with dog mess phone **020 8496 3000**. Check out the website for details of the 'Don't mess with Waltham Forest' campaign too.

What you say

Residents tell Waltham Forest News what they think about keeping the borough clean



Ralph Powell, Leyton



Mehmet Kara,
Food and Wine, 188 High Street,
Walthamstow



Jenny Conroy,
Walthamstow



Khawer Pervaiz,
Hardware Hut, 221 High Street,
Walthamstow



Keji Olukoya, Walthamstow

"I think businesses should be more responsible for litter and do their bit to help keep the borough clean. I think the Council still needs to maintain the levels of cleaning it has, but everyone else can help."

"I would be in favour of all shops taking a bit more responsibility for keeping the front of their stores clean. If we all worked together it would make a real difference to the look of the place."

"Everyone has a responsibility to pick up after themselves and I think it is right that those people who don't are fined. I think businesses could take the responsibility to clean up in the immediate vicinity, but not further afield."

"Because my business is right by Walthamstow Market, the sweepers clean up outside the front of my shop every couple of hours, but I think businesses need to also make sure the back of their outlets are clean and tidy too."

"The Council is right to fine people for spitting and urinating. I have seen a transformation in the cleanliness of the borough and think it would be good for businesses to support the Council's campaign."

Priority: Keeping our borough clean

Commitment:

- Guarantee to continue to provide a weekly waste and recycling service
- Work constantly to keep our streets clean and litter free
- Not tolerate those who fly-tip and dump rubbish in our borough and will push for more powers to prosecute offenders
- Offer an unlimited and free collection of bulky waste items from your doorstep

Priority: Making our community a safer place

Priority: Helping you and your family

Priority: Bringing you better shopping, streets and leisure

www.walthamforest.gov.uk/priorities

NAMED & SHAMED

Waltham Forest Council is committed to cleaning up the borough and wiping out enviro-crime in Waltham Forest. We will be taking tough action against those people who continue to blight our borough, and will name and shame the people we catch treating our borough like a dumping ground.

The following people and companies have been successfully prosecuted for enviro-crimes:

Who?	Ohu Trieu
Where from?	Walthamstow
The offence?	Failing to produce waste transfer notes
The outcome?	£300 fine, £50 costs and a £30 victim surcharge

Who?	Marcia Bryan
Where from?	Leytonstone
The offence?	Flytipping and failing to produce waste transfer notes
The outcome?	£150 fine, £30 costs and a £20 victim surcharge

Who?	Kwok Wing Ching
Where from?	Walthamstow
The offence?	Flytipping
The outcome?	£200 fine, £200 costs and a £25 victim surcharge

• 120 Fixed Penalty Notices in the four-week period between 27 July and 18 August were issued for enviro-crime offences.

• Businesses and individuals were fined for a range of offences including dropping litter, unlicensed street trading, the illegal deposit of skips on the highway, and transporting waste without Transfer Notes or Waste Carrier Licences.

More info

To find out more about the Council's award-winning 'We're wiping out enviro-crime' campaign visit www.walthamforest.gov.uk/wipeout Report an enviro-crime by visiting www.walthamforest.gov.uk/report-it or phone Waltham Forest Direct on 0208 8496 3000.



Council is cracking down on people abusing the blue badge scheme

More blue badge abusers prosecuted

- Council continues to crackdown on people misusing blue badges
- Fines and curfews for those caught in the act

The Council is continuing its clampdown on people using blue badges fraudulently to park in the borough taking spaces away from the disabled residents that need them the most.

On 29 August Kemi Oropo of Omnibus Way, Walthamstow was sentenced to pay a £50 fine, a £20 Victim Surcharge and was ordered to pay £150 costs having pleaded guilty to using her deceased mother's blue badge.

Lara Tzivelekas of Piano Lane, Stoke Newington was sentenced on 14 August for making a false representation by displaying a blue badge. She was sentenced to a three month conditional discharge and was ordered to pay a £15 Victim Surcharge and was ordered to pay £200 costs.

Waris Rashid of Cottenham Road, Walthamstow was found guilty of making a false representation by displaying a blue badge on 30 July. His sentence not only saw him liable for a £60 Victim Surcharge and a contribution of

£85 towards costs, it also involved a Community Order including a curfew between the hours of 8pm and 6am to run for four weeks.

The success in hunting down blue badge abusers comes a year after the Council brought in the services of a specialist team from parking contractors NSL to investigate this particular type of fraud.

The number of blue badges seized from July has jumped from 111 badges to 134, with an average of four out of ten people with a badge found to be misusing it. The team have discovered both fake and stolen badges, but have been particularly struck by the number of deceased people's badges being used.

So far the operation has led to eight people being arrested and 29 vehicles being clamped or removed. In total 31 prosecution cases have been prepared.

"The sheer scale of the problem has been surprising," said Cllr Clyde Loakes, deputy leader and cabinet member for Environment.

"We were convinced this time last year to instigate a harder line against these criminals, but we weren't necessarily anticipating the level of abuse that the team has uncovered. I'm sure most people will agree that taking advantage of the blue badge scheme is morally reprehensible."

"Personally I regard this as a heinous crime that not only takes advantage of facilities provided specifically for disabled people, but that costs the taxpayer thousands of pounds annually."

The Department for Transport estimate that someone using a fake, lost or stolen badge in Central London will typically save over £5,644 in parking charges. The Audit Commission calculates that the annual loss to local authorities through blue badge fraud is £4.6 million.

"As these latest tranche of prosecutions illustrates this is an issue we take very seriously and we will continue to build on the success

we have achieved," said Cllr Loakes.

"I would urge any residents who have information that may be useful to the team to get in touch. I would also urge anyone misusing a blue badge to take note of and to change their behaviour, or we will."

Blue badges make a significant difference to the quality of life for disabled people by allowing them to park in special bays and spaces that reduce the distance they have to travel to get to shops and services.

It is a criminal offence to use a fake, lost or stolen badge, or to use someone else's blue badge. As well as patrols seeking out people that abuse the system, the Blue Badge Team has also acted upon reports from residents of suspected fraudulent use.

More info

For more information visit www.walthamforest.gov.uk/parking To report someone you suspect is misusing a blue badge, phone 0845 331 2392 and select option 5.

No to beds in sheds

- Council cracking down on landlords looking to provide 'beds in sheds'
- Bid to house tenant in outbuilding dismissed by Planning Inspectorate



A landlord's appeal to allow him to house a tenant in an outbuilding situated in the garden of his Leytonstone home has failed. The landlord appealed a decision by Waltham Forest Council to the national Planning Inspectorate, but the Government body found in favour of the Council.

"We're delighted at this latest decision by the Planning

Inspectorate," said Councillor Clyde Loakes, Deputy Leader and Cabinet Member for Environment. "The practice of so called 'beds in sheds' is something this Council is committed to fighting wherever we find it.

"Outbuildings like this are not designed for people to sleep in and often present a danger to them and are detrimental to neighbours. Landlords who think they can get

away with this practice should think again."

The appeal against the Council's decision was made by Mr Muhammad Afzal Khan in relation to 86 Leslie Road, E11. In October, last year he had been issued with an enforcement notice after the Council's Planning Enforcement team discovered the building was being used for accommodation.

Mr Khan applied to Waltham Forest Council's Planning Committee for retrospective planning permission for a garden room in November last year, but this was refused.

Progressing his case to the national body that can make a final judgement on the validity of a planning decision, the Planning Inspectorate, Mr Khan sought permission to continue to rent the building out. The outbuilding contained a double bed, wardrobe and television, with a toilet/shower room attached.

In making the decision the Planning Inspectorate said: "I agree with the Council that this would constitute a substandard form of

accommodation for existing and future occupants."

Cllr Loakes said: "It's important that as a local Planning Authority we have the power to stop residents being housed in buildings that are entirely unsuitable. It's reassuring to both our Planning Committee and our Planning Enforcement team who are out there uncovering these practices that their good work is endorsed by the national body.

"Frankly, this practice smacks of landlords looking to maximise the amount of money they can make by packing as many tenants into a property as is possible, even if they ultimately end up housing them in what are glorified sheds. It is unacceptable and where we find it we will put a stop to it."

More info

For more information about the planning process, visit the Council's website at www.walthamforest.gov.uk/planning Free internet access is available at all libraries in the borough.

In brief



Charity bags

Do you give away old clothes to house-to-house charity bag collectors? If so, do you know how much of the money actually goes towards the good cause? In some cases taking your unwanted clothes to a charity shop instead can raise as much as 50 times more money for charity than it would if given to a house-to-house charity collector. Check what proportion goes towards the good cause before you give.

• For more information visit www.charitybags.org.uk or www.charityretail.org.uk



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AND
SHAMED**

**DON'T
MESS
WITH
WALTHAM
FOREST**

**£80
ON THE
SPOT FINE**

**Dropping litter is not
tolerated in Waltham
Forest, it's lazy and dirty, so
find a bin and get rid of it.**

www.walthamforest.gov.uk/dontmess



WALTHAM FOREST
Guardian



Waltham Forest High Performance Programme Presented by the Australian Olympic Committee

The Australian Olympic Committee (AOC), together with Waltham Forest are pleased to present the Waltham Forest High Performance Programme which aims to create a world class support environment to nurture sporting talent within the London Borough of Waltham Forest, and to increase the representation of Waltham Forest residents at National and International level.

We have additional 'Boxing Kangaroo sporting bursaries' available each to the value of £3,000 to young and talented sports people to progress their athletic endeavours. The Programme specifically targets the identification of talented sports performers within the borough and to build on the work of schools, clubs and other community partners in supporting this talent.

Who can apply?

To be eligible for support you need to:

1. Be living in Waltham Forest.
2. Compete in an Olympic or Paralympic Sport
3. Not be receiving funding from a high performance programme with another local government
4. Be a member of a sports club and be actively competing in your chosen sport
5. Be aged at least 14 years by application closing date
6. Be ranked within the top 100 in their age group in the UK (individual sports)
7. Have played for a county, regional, national or international representative side (team sports)
8. Be committed to maximizing your potential in sport

'Wildcard' consideration may be given to those who have outstanding potential but who have limited experience within their sport. Please note that achieving the above criteria does not guarantee selection onto the programme.

For an application form contact sports.dev@walthamforest.gov.uk closing date for completed applications is 20th September 2013



On **Thursday 14th November 2013** Waltham Forest Sport and Leisure Team will be hosting the annual **Sports Awards** evening at Walthamstow Assembly Hall.

The awards recognise individuals, teams and sports clubs that have made an outstanding contribution to sport and physical activity in Waltham Forest.

- | | |
|---|---|
| • Club of The Year | • Adult Team of the Year |
| • Coach of the Year | • Inclusive Sports Award |
| • Junior Team of the Year U11 | • Physical Activity and Health Project Award |
| • Junior Team of the Year U18 | • Sports Person of the Year U16 |
| • Outstanding Individual Contribution London Youth Games 2013 | • Outstanding Services to Sport |
| • Volunteer of the Year | • Sports Person of the Year |
| • Young Sports Leader/Volunteer of the Year U16 | • Outstanding Team Contribution London Youth Games 2013 |

Nominees must live, attend a school or represent a club in Waltham Forest

Join us in celebrating this wealth of local talent by nominating!

For information and how to nominate, go to www.walthamforest.gov.uk If you have any queries please contact the Sport and Leisure Team on 020 8496 3694 or email sports.dev@walthamforest.gov.uk

**The nomination
deadline is
Friday 27th
September 2013**

Foster

The life you change will be yours.

Could you offer love, care and stability to a child who may have had a difficult start in life? Fostering a child could be one of the most rewarding things you do.

In Waltham Forest we believe that all kinds of people can make a positive difference to a child or young person's life. We are looking for people from all cultures, religions and backgrounds in particular people from Eastern Europe that are understanding, supportive and patient that can provide high quality care and motivate a child to reach their full potential.

In return we provide excellent support and training throughout and after the fostering process, and a fostering allowance.

Alternatively you can apply on-line at www.walthamforest.gov.uk/adoptandfoster
email: donna.mckeeon@walthamforest.gov.uk

To find out more come along to meet social workers and foster carers at our information session

Tuesday 10 September

at: Waltham Forest Town Hall
(Room 3), Forest Road,
Walthamstow E17 4JF
Arrival 6.30pm
presentation starts 6.45pm

For further information call
020 8496 3000
or to speak to the
Fostering Team directly call:
020 8496 3668
(9am-5pm Mon-Fri)



Leyton



The talented cast perform in their magical show *The Secrets of Majini*



Reaching for the stars

- Young people are inspired to express themselves through dance and drama
- Cultural hub harnesses positive energy to empower local community

If you've been bitten by the acting bug or long to sing in a West End musical then you are in luck as X7eaven, a performing arts academy based in Leyton could transform you from an unknown extra and thrust you into the spotlight.

X7eaven was the brainchild of long term friends and colleagues Sam Francis and Jackson Edwards who founded the group in May 2008 with the aim of giving young people access to high quality arts provision.

The pair are passionate about reaching out to teenagers and introducing them to the world of arts to unlock their hidden potential.

Sam said: "I really wanted to create a positive place where young people would be able to develop their talent and build their confidence and self-esteem through performance."

"Performing arts allows young people from different backgrounds to come together to achieve a

common goal, to create, to be active and stimulated by an art form they can enjoy."

Sam started her career as a dancer and choreographer touring the world with pop artists including Sean Paul, Beyonce, Destiny's Child and Boyzone and working on the Brit and MOBO awards shows.

Through her experience she has developed a dynamic style of choreography mixing all the different genres of dance in which she has trained.

"Performing arts allows young people from different backgrounds to come together"

Since opening its door in Lea Bridge Road, X7eaven has flourished attracting hundreds of young people eager to try out dance, singing and drama. The group offers a range of dance classes from contemporary, ballet, tap through to street dance and

all of the teachers at the academy are trained professionals who have worked in the entertainment industry for years.

The organisation has steadily grown to become a part of the area and is well supported by the community. This year the group has performed at the annual New Year's Day celebration, the Council's Get Together summer event Walthamstow Big Weekender, The Leyton Caribbean Carnival and Street 17 Festival.

Each year the group put on an annual production which gives students of the academy a chance to present a fusion of song, dance, and drama to unveil the skills they have learnt. This year's production 'The Secrets of Majini' was held at Leyton Sixth Form College and

involved more than 40 talented young people which received great reviews.

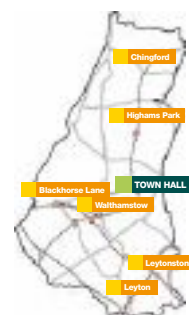
One of the highlights for the group this year was winning the Council's Love your Borough Arts and Culture Award 2013.

Sam said: "I have been living in Leyton for the past ten years and love it here. There is such a great atmosphere and I want to harness that energy into the shows we do. We have been very fortunate to have had such a strong network of support and look forward to working with more young people and putting on fantastic performances for everyone to enjoy."

The X7eaven team are busy gearing up for the new term in September and are working on new productions.

More info

If you are interested in joining X7eaven phone 020 8558 0800 or visit www.x7dance.com



In brief

Slimmers raise cash for charity

Members of a slimming club organised a community fun run to raise funds for Cancer Research. Residents who attend Leyton Slimming World decided to take part in a 5k and 10k race held in Abbots Park in August as a way to keep fit and do their bit for charity. Ten members raised more than £300.

• Leyton Slimming World group meet every Thursday at 7.30pm at All Saints Church in Melbourne Road.

Sports bonanza

Nearly 100 youngsters took advantage of a free programme of sporting fun and games over the summer at the SCORE Centre. As part of the Council's Summer Daze scheme, children aged 5-12 had the chance to try out basketball, tennis, football, hockey, cricket, dodgeball, athletics and beach volleyball. Staff at the Leyton Orient Community Sports Programme hosted the sessions during August and included trips to the Copper Box in the Olympic Park.

• To find out more visit www.locsp.org



Game, set and match!

Budding tennis players were encouraged to pick up a racket and have a go at serving an ace at the Great British Tennis Weekend. The event, organised by the Lawn Tennis Association, took place at 39 venues across the UK, including Abbots Park in Leyton and was held to build on the legacy of the London 2012 Olympic Games. Families gathered at Abbots Park on 17 and 18 August where coaches were on hand to pass on tips and advice to new players. Residents had access to free coaching sessions and chance to play rounds of mini tennis, cardio tennis and women-only versions of the game.

• To find out more about playing tennis in the borough visit www.walthamforest.gov.uk/sports-and-leisure or phone 020 8496 3000.

10 What's On

Sports and fitness

Zumba

Every Wednesday, 7.30-8.30pm

Chingford Hall New Road E4 9EU

Be liberated by the music and motivated by the fitness vibe! **For more details phone 0845 539 0079 or visit www.fitnessvibe.co.uk**

Free Karate Classes for All

7 days a week, evenings and weekends

Waltham Forest Pool & Track, Larkswood Leisure Centre, The Peter May Sports Centre, Wadham Road, Walthamstow and Forest School

There is a free trial Karate class for everyone at all of the centres above.

To book a slot phone 01992 768 664 or visit www.karate-london.co.uk

Saturday Pilates

Saturday, 9-10am

Studio 1, Church Hill Studios, Stainforth Road, E17 3RY. The Pilates method is a form of exercise that will stretch and strengthen your body. The result is excellent posture, coordination and balance. Mixed level classes and all equipment provided. £10 drop-in or £45 for 5 classes. **For more details email adele.simor@gmail.com**



Eton Manor AC

Tuesdays & Thursdays, 7.15pm

The Cottage, Marsh Lane, Leyton, E10 7BL. Local running club welcomes experienced and new runners. Next beginners Love to Run course starts 12 September. Learn to run 5K in 10 weeks with a qualified UK Athletics run leader. **For more details phone Rachel Brittle on 07931 049 638 or email rachel.brittle@talk21.com**

Learn to Fence - Highams Park Fencing Club

Wednesdays, 6-7pm (juniors), 7.30-9.15pm (adults)

Rushcroft School, Rushcroft Road, Chingford, E4 8SG

Always wanted to try or fenced before and want to brush up on your skills? Come down and have a go. **For more details phone 01992 610 295 or visit www.hpfc.org.uk**

Belly dancing

Every Tuesdays from 7pm to 8pm

The Asian Centre Orford Road, Walthamstow, E17 9LN. A great way to help you stay in

shape and allow you to express your own personal creativity, enjoyed by many people around the world and for all ages.

Enjoy belly dancing for £5 for 1 hour lesson. **For more information phone Sarah on 07735 345 635.**



Community Fit Club

Mondays, 10.30-11.30am

Higham Hill Pavillion, Hecham Road E17 5QT

Mondays, 4.30-5.30pm

Larkswoods Wood Leisure Centre,

Larkswood Leisure Park, New Road, E4 9EY

Fridays, 10.30-11.30am

Langthorne Park Adizone, 51 Birch Grove, Leytonstone E11 4YG

Join us for seated aerobics all ages welcome but mainly aimed at older people. In addition for people recovering from surgery and no longer having physiotherapy this is also a great way to rebuild your health with gentle exercise. Cost £3. **For more details call 07956 552 748.**

Pilates Fusion Course - Six Weeks Course

Tuesday 10 September - Tuesday 15th

October, 7.30-8.30pm

Friday 13 September - Friday 18 October, 10-11am

Harmony Hall, 10 Truro Road off

Walthamstow Market, E17 7BY

This one hour session include 30 minutes of low impact cardio and 30 minutes Pilates.

Cost £45 for a six week course. **For more details phone Sonja on 07847 603 423.**

Football for over 35s

Wednesdays, 7pm

Wadham Lodge, Kitchener Road, E17 4JP

We require new players over 35 to train on Wednesdays and play games on Saturdays.

We will play friendlies this season and join a league the next. **To find out more email dannymagill@gmail.com**

Yoga Me Happy

Sundays 10am-11.15am

Lloyd Park, Private Bowling Pavilion, Lloyd

Park, Forest Road, E17 5EH.

Get a Sunday morning boost with hatha yoga classes in the beautiful Lloyd Park's private bowling pavilion (opposite park office).

Suitable for beginners and intermediate levels. £8 per class. **Please book your mat by email yogamehappy@yahoo.co.uk**

Fitness for All

Tuesdays, 6-7pm

The Score Centre, 100 Oliver Road, E10 5JY

Fun group exercise classes for everyone aged 14 plus. Open to all abilities. Fun and dynamic, tailored to suit your needs - using boxercise and circuit training methods.

Turn up and take part or phone 07939 366 992 for more info.

Good To Know Yoga Classes

Saturday 7 and 14 September, 10-11.15am

Vestry School of Dance, Church Hill Studios, Stainforth Road, E17 3RY

What better way of starting the weekend than by establishing a regular Saturday morning yoga practice? The energy boost you'll get from class will leave you feeling energised, relaxed and more focused. £10 drop in. **For more details phone 07853 285 669 or email goodtoknowyoga@gmail.com**

Waltham Forest Hockey Club

Saturday 7 September, 2-4.30pm

Walthamstow Academy, Billiet Road,

Walthamstow, E17 5DP

The club will be opening its doors to celebrate National Paralympic Day. There will be free practice and come-and-try sessions so residents can experience the sport for themselves. **To find out more visit www.walthamforesthc.co.uk**

Lea Valley Friends Group

Saturdays or Sundays, times vary

Join us for short walks every Saturday or Sunday. A full programme is available on request. **For more information visit www.leavalleyfriends.org.uk email or phone 020 8529 1602.**

Clubs and community

Silver Surfers Sessions

Starting in September

Venue to be confirmed

Age UK Waltham Forest is offering beginners computer courses for the over 50s covering all the basics of using a PC, the internet, email and basic word processing. Group courses are held in libraries across the borough during school term time and cost £39.90. Places are limited and allocated on a first come, first served basis.

For further information phone Age UK Waltham Forest on 020 8558 5512.



Steam/Electric Train Rides

Every Sunday and Bank Holiday

Monday until October, 2pm-5.30pm

Ridgeway Park, Peel Close, off Old Church Road, Chingford E4 6XU

Fun for all the family. **For more details**

visit www.chingford-model-engineering.com

Strung Out adult violin group

Recruiting now for September

Studio Office, Quaker Meeting House,

1a Jewel Road, E17 4QU

Strung Out is a fun violin group for adult enthusiasts of all levels, with a professional musician. Intermediates, easy, beginners and absolute beginners all welcome. The new recruitment term starts week beginning Monday 2 September.

For more information phone Alison Jones on 07740 622 428, email strungout@shapeshifter-productions.com or visit www.shapeshifter-productions.com

Affordable Psychotherapy in English & Spanish

Different dates and times available,

Mon-Fri, 9am-8pm

Near Blackhorse Road Station. Short and long term psychotherapy for individuals and couples. Concessions for students, unwaged and retired people. **For more information phone Valeria on 07912 887 588 or visit www.valeriabonfiglio.co.uk**

LGBT Women's Night

Every Monday, 7-9.30pm

ELOP Centre, 56-60 Grove Road, E17 9BN

A space for all lesbian, bi, trans or questioning women to meet each other, share experiences, socialise and develop friendships in a safe and welcoming environment. **The group meets every Monday night with different activities to choose from. Entry £2. For more information phone 020 8509 3898 or email info@elop.org**

GBT Men's Social Network

First and third Tuesday of the month,

7-9.30pm. ELOP Centre, 56-60 Grove

Road Walthamstow E17 9BN. A space for

all gay, bi, trans or questioning men to meet each other, share experiences, socialise and develop friendships in a safe and welcoming environment. With group-led outings on the 1st Tuesday and in-house meet-ups on the 3rd as well as the usual pool table, snack bar, LGBT library, music and good conversation! Entry £2. **For more information phone 020 8509 3898 or email info@elop.org**

East London Suffragette Festival

Fancy getting involved in an exciting community project? The East London Suffragette Festival is looking for volunteers and committee members. Visit www.eastlondonsuffragettes.tumblr.com to find out more.

Community local produce stall

Every Saturday, 10.30am-3pm

St John's Church, Church Lane, Leytonstone (between the church and Matalan, just off the High Road). A stall selling delicious, locally grown organic fruit and vegetables, and other local produce. A partnership between Organiclea and Transition Leytonstone. **For more information email**

stall@transitionleytonstone.org.uk or phone 020 8556 0885.

Free evening meals for the needy

Every Thursday, 7.30-9pm

425 Lea Bridge Road, E10 7AE

Omeed Bridge the Gap gives free evening meals to all needy and homeless people in Waltham Forest regardless of race and faith. We can also deliver meals to local people who are disabled and unable to come to the centre. **For further information please phone Zahid on 07554 706 844 or Nazir on 07544 488 999.**

Culture and crafts

Highams Park Horticultural Society & Gardening Club Show

Saturday 14 September, 9am-5pm

Winchester Road Methodist Church Hall,

Winchester Road, Highams Park, E4 9JP

Come down for this family event where there will be classes for budding gardeners, exhibitions and cookery displays.

For more details phone 020 8527 4291 or email highamsparkgs@btinternet.com

Arts and Crafts Fair

Saturday 14 September, 12noon

Wadham Lodge Bowling Club (off Kitchener Road) E17 4JP. A selection of handmade products presented by Chapel End Arts and Crafts Association. Created by local artists including hand crafted greeting cards, jewellery, ceramic mosaics, photography and more. There will also be face painting, refreshments and entertainment.

StowFest 2013 - Mix & Blend

Friday 6 September, 12noon

Arubar Lounge, 524 Forest Road, E17 7HA

What's your genre of music? What makes you tap your feet, nod your head and get you on the dance floor? We've got the lot



so come and join in the fun at the popular Stow Festival. **For details of all gigs visit www.stowfestival.com**

StowFest 2013. Musical Tour of Walthamstow

Saturday 7 September, 2pm

The Standard Music Venue, 1 Blackhorse Lane, E17 6DS. Learn about Walthamstow's fascinating and myriad musical connections - complete with guitarist to bring the past

Get the best out of living in Waltham Forest

A guide to services and activities for the over 50s



So you are not a teenager any more but you can live life to the full in Waltham Forest and take advantage of all that there is on offer in the borough. As you get older you may have more free time to pursue interests or take up new ones, you may need to

keep a check on your health to keep your body in good working order, or you may just need a little extra help here and there. We want to make sure that you stay healthy, happy and active so we have highlighted some of the benefits available to people over 50 in the borough.

We know that we are investing in the things that matter most to you such as:

- making our community safer
- keeping the borough clean
- bringing you better streets, shopping and leisure
- helping you and your family

But we also want to make sure that our residents are aware of all the services available that help make life just that little bit better.

On the following pages you'll find a round-up of some of those services, events and activities. These include free swimming, free health checks and the Freedom Pass as well as information on how you can volunteer, take part in the amazing events in our libraries, get support living in your own home or join us for a free Christmas dinner.

We hope that these pages will help you get the very best out of living in Waltham Forest.

Angie Bean

Cllr Angie Bean

Cabinet Member for Adults Services

Where to go

Libraries

As well as books and free internet access, you can also make enquiries about Council services and get help and advice from Council staff at our Library Plus branches:

Library Plus Branches

- 1 **Leyton Library Plus**
High Road, Leyton, E10 5QH
- 2 **Leytonstone Library Plus**
6 Church Lane, Leytonstone, E11 1HG
- 3 **North Chingford Library Plus**
The Green, Chingford, E4 7EN
- 4 **Walthamstow Library Plus**
High Street, Walthamstow, E17 7JN

Library Local Branches

- 5 **Hale End Library**
Castle Avenue, Highams Park, E4 9QD
- 6 **Higham Hill Library**
North Countess Road, Walthamstow, E17 5HS
- 7 **Lea Bridge Library**
Lea Bridge Road, Leyton, E10 7HU
- 8 **Wood Street Library**
Forest Road, Walthamstow, E17 4AA

Leisure Centres

- 9 **Cathall Leisure Centre**
Cathall Road, Leytonstone, E11 4LA
- 10 **Chingford Leisure Centre**
(formerly Larkswood)
New Road, Chingford E4 9EY
- 11 **Leyton Leisure Centre**
(formerly Leyton Leisure Lagoon)
763 High Road, Leyton E10 5AB
(Re-opening end of October 2013)
- 12 **Leyton Gym**
787 High Road, Leyton E10
- 13 **Walthamstow Leisure Centre**
Markhouse Road, Walthamstow, E17 8RN
- 14 **Waltham Forest Pool and Track**
Chingford Road, Walthamstow, E17 5AA

Museums

- 15 **William Morris Gallery**
Lloyd Park, Forest Road, Walthamstow, E17 4PP
- 16 **Vestry House Museum and Archives**
Vestry Road, Walthamstow, E17 9NH

Parks and open spaces

- 17 **Walthamstow Wetlands** (Opening 2014)
- 18 **Lloyd and Aveling Park**
- 19 **Ridgeway Park**
- 20 **Langthorne Park**
- 21 **Memorial Park**
- 22 **Abbotts Park**
- 23 **Coronation Gardens**
- 24 **Leyton Jubilee Park**

25 Walthamstow Customer Service Centre

Pop in to see us for information about Council services and to get help and advice from our staff:
137 Hoe Street, Walthamstow, E17 4RT
Open: Monday-Friday 8.30am-6pm;
Saturday 9am-1pm; Sunday closed



Free Seniors Christmas Celebrations

Last year, we held six festive celebrations for our older residents to mark us being proud hosts to the 2012 Games. This included a two-course festive meal and entertainment.

This Christmas we will once again be hosting the free celebrations for our residents who are over 65. We'll let you know how you can book your place soon in Waltham Forest News.



Getting active

It's really important to keep fit and active as we get older.

We are improving all our leisure centres and parks, and providing loads of free activities to help you enjoy a healthy life.



Free swimming for the over 60s

Make a splash - Waltham Forest residents aged 60 and over can enjoy free swimming at all of our leisure centres.

To start swimming today, apply for a Pay and Play card at your nearest leisure centre using your Freedom Pass as proof of your age and address. There is a one off fee of £6.90 to cover the cost of the card.

Contact:

visit www.walthamforest.gov.uk/az-leisure-centres



Why not try....Tai Chi Corner for the over 50s in Lloyd Park?

Improve your balance and strength and calm your mind in harmony with nature every Sunday morning. These sessions are run by Dao Lu, a voluntary group.

Contact: email info@daolu.co.uk or call 07586 933 702



Leisure centres and outdoor gyms

Discounted leisure centre membership for over 55s

Ask your local leisure centre for more details.

Fitness classes for over 55s

From aerobics to yoga - our leisure centres offer classes for people over 55.

Free walk yourself fit classes

These free guided walking tours are a great way to stay fit, make friends and enjoy the outdoors.

Contact: Pop into your nearest leisure centre or visit www.walthamforest.gov.uk/az-leisure-centres

Outdoor gyms

Outdoor gyms are a great free way to keep fit and enjoy being outside. There are several in parks across the borough.

Contact: visit www.walthamforest.gov.uk/parks

Gentle exercise and Tai Chi classes for the over 65s

You can do these classes standing or seated, making them ideal for people with reduced mobility.

Contact: Age UK Waltham Forest on 020 8539 8356 or email e.tozer@ageukwalthamforest.org.uk

Having fun



William Morris Gallery

The William Morris Gallery offers beautiful exhibitions, talks, tours and workshops. Activities usually take place during the daytime and the Tea Room overlooking Lloyd Park is a great place to meet friends for lunch.

If you haven't been to the Gallery before, why not take the free "Waltham Forest Welcome" introductory tour?

Contact: William Morris Gallery on 020 8496 4390 or visit www.wmgallery.org.uk

Why not try... tea dances?

There's a whole host of events going on throughout the borough each month, including Tea Dances in Chingford.

Contact: Find out about up and coming events and activities, on the "What's on" webpages at www.walthamforest.gov.uk/whatson

Vestry House Museum

Discover the history of Waltham Forest at Vestry House Museum. You can also enjoy the Museum's award winning community garden and a range of activities for adults.

Vestry House Museum is home to the Waltham Forest Archives and Local Studies Library - a great resource for anyone looking into their family or house history.

Contact: Vestry House Museum on 020 8496 4391



Libraries



Our eight libraries offer so much more than books. There are great events, social groups, talks and courses for adults so there's always something to do in the daytime or evenings.

Free internet access is available at all our libraries.

Pick up a free copy of **What's On in Waltham Forest Libraries**, our quarterly guide to our programme of special events, at your local library. You can also download a copy from www.walthamforest.gov.uk/libraries

Reading Groups

Reading groups are a great way to meet likeminded people who share your love of literature.

Contact your local library to find out when reading groups meet and how to set one up.



Why not try... joining a special interest group in your library?

Below are just a few of the groups that meet in our libraries:

- **Film Matinee Club** - North Chingford
- **Play Readers Group** - Leytonstone
- **Knitting Group** - North Chingford
- **Family History Group** - Hale End

Contact: visit www.walthamforest.gov.uk/libraries



Having fun



Learn to use computers and the internet

Our libraries offer a range of courses specifically tailored towards adults who have never used a computer before, to those who want to improve their basic skills.

Ask inside your local library for details of courses.

Accessible libraries

Home Library Service

If you are unable to get to a library on your own because of disability or old age, you could use the Waltham Forest Home Library Service. The service will visit you at your home every three weeks and offers a large range of books and media, as well as magnifying aids.

In some areas, the service offers monthly transport to the libraries so you can browse the shelves and join other library users for a cup of tea and a chat.

Services for blind and partially sighted people

Large print books together with audio books are available at all libraries. The Home Delivery Service will pay your annual subscription to the Royal National Institute for the Blind Talking Book Service and the National Library for the Blind.

Contact: Your local library or visit www.walthamforest.gov.uk/libraries



Learn a new skill, or update your knowledge

Waltham Forest Adult Learning Service offers a great range of recreational and accredited courses. There are hundreds of courses on offer including art for pleasure, yoga for the over fifties, floristry, family history and digital photography.

Contact:

Adult Learning Services on **020 8558 6805**
or email class.info@walthamforest.gov.uk

Getting involved

From helping out in our libraries, museums, parks and sports clubs, there is a volunteering opportunity for everyone. You can also get involved in improvement projects for your local area through our Community Ward Forums.

Contact: For details of Community Ward Forums, volunteering and other ways to get involved please contact the Culture and Community team on **020 8496 3000** or visit www.walthamforest.gov.uk

The great outdoors



Green Spaces

Waltham Forest has more green space than any London borough north of the Thames and there's always lots of activities taking place in our parks – from organised walks and wildlife photography to exercise and gardening classes. You can also enjoy one of our excellent bowling and putting greens or get involved in a range of other sports.

Find out more at www.walthamforest.gov.uk/parks

Why not try... gardening in the William Morris Gardens?

Get outdoors, meet new people and improve your gardening skills with the Head Gardener in Lloyd Park.

Contact Ellie Mortimer on **020 8496 3000** for more details.



Grow your own food

The Council's Community Food Growing Scheme helps residents to grow and eat their own food - even if you don't have your own garden.

Contact: Waltham Forest Direct on **020 8496 3000** or email wfdirect@walthamforest.gov.uk

Out and about

Freedom Pass for the over 60s

The Freedom Pass gives residents who are 60 or over free off-peak travel on all London bus, tube and Overground services. Protecting the Freedom Pass is one of our priorities.

You can apply for a Freedom Pass at your local Post Office or online at www.londoncouncils.gov.uk



Door to door transport to shops

If you find it difficult to get to the shops, you may be able to access support from Community Transport Waltham Forest.

Contact: Community Transport on **020 8521 0665** or email info@ctwf.co.uk

Community toilets

Look out for the Community Toilet Scheme logo in the window of the more than 30 participating shops, restaurants and libraries and on maps in town centres. You can use the toilets during normal opening hours without making a purchase. You can download a map of Community Toilets at www.walthamforest.gov.uk/az-toilets



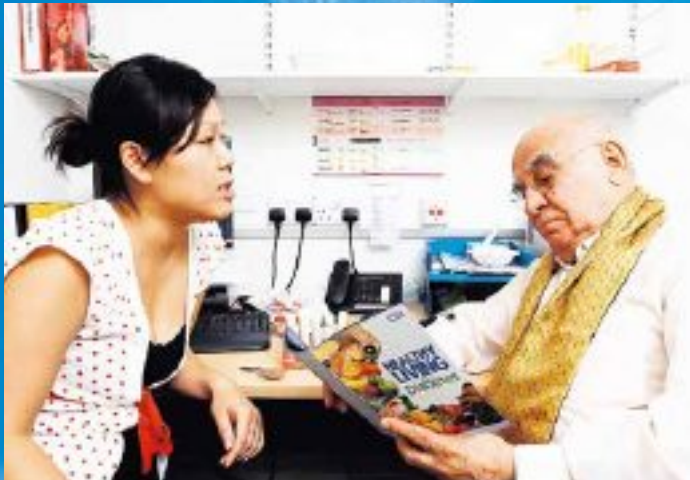
Visitor parking permits

Waltham Forest residents aged 70 or over who live in a Controlled Parking Zone are entitled to one book of 30 one-hour parking permits every year for the zone they live in.

Contact: Waltham Forest Direct on **020 8496 3000** or visit www.walthamforest.gov.uk/parking

Staying healthy

It's important to keep a check on your health because as we get older, our risk of developing long-term conditions, such as heart disease or diabetes, increases.



Free NHS Health Checks for ages 40 to 74

If you're between the ages of 40 and 74 and you've not been diagnosed with one of the following conditions, you should have a free NHS health check:

- Heart disease
- Stroke
- Kidney disease
- Diabetes

Those over the age of 75 are entitled to a free check every year.

Contact:

Your GP if you have not been invited for a health check.



Falls

Falling can be a serious health risk for older people – but luckily there's lots of practical help available.

Let your GP know if you have a fall as you may be at risk of falling in the future. You may also be eligible for free advice and equipment from the Council.

Crisis and Falls Prevention –

get help and advice before a crisis occurs

Contact: Age UK on **020 8558 8716** or visit **www.ageuk.org.uk/walthamforest**

Other free screening checks

The NHS also carries out free screening checks for:

Abdominal Aortic Aneurysm (AAA)
for men at the age of 65

Contact:

NHS AAA Screening Programme on **020 8983 2438**

Bowel cancer – for anyone over 60

You should receive a test kit in the post if you are between 60 and 69 and registered to a GP.

Contact:

NHS Bowel Screening Programme on **0800 707 6060**

Breast cancer - for women over 50

Contact:

NHS Breast Screening Programme on **020 7601 8305**

Cervical cancer – for women over 50s

Contact: Your GP

Free eye tests for over 60s

If you are over 60, you are entitled to a free eye test. You may also be eligible for help towards the cost of glasses.

Contact: Your local optician



Free flu vaccination for over 65s

Reduce your chance of catching flu by having an annual flu vaccination from your doctor – if you're over 65 it's free.

Contact: Your GP

At home

Free home fire safety for those most at risk

Did you know that your local firefighters can come to your home for free and show you how you can be safe from fire?

The Brigade specifically targets their visits to those who are at higher risk of fire. This includes older people, especially those living alone, those with mobility, vision and hearing impairment, mental health services users and those liable to intoxication through alcohol and drug use.

Contact: London Fire Brigade on **0800 028 4428** or visit **www.london-fire.gov.uk**

Community alarms, Telecare and equipment to support you at home

If you live alone or feel vulnerable, you may benefit from these services to support you to live independently in your own home.

Community alarms and Telecare use technology to help contact relatives, friends or the emergency services.

The Council can also support you with simple aids and equipment to support you to live independently in your home.

Contact: Waltham Forest Direct on **020 8496 3000** or visit **www.walthamforest.gov.uk**

Find a local Trusted Trader

For details of local builders, plumbers, electricians and gardeners who have been checked by Age UK Waltham Forest and the HEET Project as well as rated by their customers, visit **www.trustedtraderswf.org.uk**

Housing Advice

Our Housing Advice service can give you free advice on housing matters, including the options available to you in the borough.

Contact: Waltham Forest Direct on **020 8496 3000** or visit **www.walthamforest.gov.uk**

Save money on your energy bills and make your home safer

If you're over 60 you can access support with insulation, heating, saving energy, home security and fire safety for free from the HEET Project.

Contact: HEET on **020 8520 1900** or visit **www.theheetproject.org.uk**

Getting extra support

If you or someone in your family can't manage things at home please contact us so that we can talk to you about the situation.

We want our residents to maintain their independence, stay safe and enjoy a good quality of life. We can also provide support to you if you are caring for a relative or friend.

Find out more

Visit **www.walthamforest.gov.uk/az-socialcare** or call **020 8496 3000**.

Home improvements



If you are 65 or over you can get free information, advice and support on home improvements from the Papworth Trust. They could also help with installing equipment, depending on your circumstances.

Contact: The Papworth Trust on **020 8498 2020** or **homesolutionswf@papworth.org.uk**



Waltham Forest

to your ears. **Free but limited capacity so book a place by phoning Simon on 07835 269 366.**



The Hart of Rodgers & Hammerstein Friday 20 & Saturday 21 September, 7.45pm

St John's Church, Chingford Road, Walthamstow, E17 5AL
Chapel End Savoy Players revive memorable tunes of one of the greatest song writing partnerships of the 20th century. Tickets are £9/£7. **To book phone 020 8529 3143 or email m.offord100@btopenworld.com**

Life Drawing in Leytonstone

Every Thursday, 8-10pm

Crown Pub, 692 High Road, Leytonstone, E11 3AA. This is an unconventional drawing class, untutored, sociable and friendly. We like learning from each other about various drawing techniques, anatomy and shading. Drop-in session and art materials are provided. Cost is £5 per session.

Waltham Forest Community Choir

Monday, 9 September onwards, 7.30-9.30pm. St Mary's Church, Walthamstow Village. A friendly choir with a wide-ranging repertoire. Open to those living or working in Waltham Forest. New members welcome. **For more details phone 07954 740 745 or email info@singwithus.net**



Waltham Forest Recorded Music Society

Every Friday fortnight starting Friday 6 September, 7.10pm

All Saints Church Hall, Church Avenue, Highams Park E4 7QZ. Members present programmes and we have up to three guests or group presenters per season. **For more details phone Andrew Golds on 020 8531 2938 or 020 8531 5695.**

Coach & Horses Blues Jam

Every Wednesday, 8.30-11.30pm
The Coach & Horses, 391 High Road,

Leyton E10 5NA. A live blues jam featuring guests, regulars and house band musicians. Entrance £2 and £1 for musicians. **For more details phone 0208 502 0351 or visit www.coachandhorsesbluesjam.com**

Jewellery Making Starter

Saturday 7 September, 10-11am

Farnan Avenue, Walthamstow E17 4NH
Join our starter workshop and make a beautiful pendant or pair of earrings with wire and beads. Classes are small and friendly, booking is essential. **For more information please phone Birgit on 020 8531 4002 or visit www.beyondbeading.co.uk**

English classes

Mondays & Thursdays, 9.30-11am

Christ Church, Francis Road, Leyton E10
Improve your English conversation and learn grammar. Free classes begin on Monday 23 September and materials provided. **For more details phone 020 8925 2728.**



Learn Mandarin

Monday-Sunday 8.30am-8.30pm

London Cross-Culture Bilingual (LCB) Education Centre, 12 Gateland Business Centre 210 Church Road, E10 7JG
Develop your Mandarin language and cultural skills. Discover the fun steps to speaking, reading, writing and thinking in a new language. One-to-one or group tuition to meet your needs. **For more information phone Jianhui Cai on 07412485813 or email crossculturebilingualeducation@yahoo.co.uk**

Flute and Recorder Lessons

Flexible days and times, central Walthamstow location. Many styles covered: classical, world music and jazz. All levels including exam preparation, friendly teaching. **For more information email info@kalamusic.comor**

Children and young people

Writers and Actors Forum

Saturday 7 September, 11am-2pm

Lea Bridge Road Library, Leyton
Ten week literacy workshop for young people aged 9-13. Classes are free but must be booked in advanced. **To book call Jasmine on 07949 581 165 or Fabian on 07845 432 401.**

Art Classes at Tokarska Gallery

Thursdays, 4.15-5.45pm, Fridays 5-6.30pm & Saturdays 1-2.30pm

Tokarska Gallery, 163 Forest Road, E17 6HE
Classes aimed at 8-15 year olds focusing on different materials and techniques. Materials are provided and children are welcome to bring their own sketching books. Cost £6. **To book phone Nadiya on 07800 545 550 or visit www.tokarskagallery.co.uk/art-classes**

Youth Out East

Wednesdays, 6-9pm

ELoP Centre, 56-60 Grove Road Walthamstow E17 9BN. A weekly youth-led social group for people aged 13-21 (up to 25 for young people with support needs) who are LGBT or questioning their sexuality. Youth Out East is a chance to meet other young people who are LGBT and share experiences in a supportive environment. This is a space for you to be yourself, meet new people and make new friends. Entry £1. **For more information phone 020 8509 3898 or email info@elop.org**

Spanish for Children

Saturdays from 14 September, 11am

Mission Grove School, Buxton Road, E17 7EJ. Learn Spanish in a fun and relaxed environment. Suitable for 4-6 year olds. Taught by a native speaking Spanish tutor. Games, songs, cooking. £80 per term for 11 week course. **To book a place phone 07568 157 028 or email rachelbettelley@hotmail.com**

Mini Family Fete

Saturday 7 September, 11am-1pm

Walthamstow Toy Library, 46 Ravenswood Road, E17 9LY. Organised by East London's Lesbian and Gay Centre the fete will host face painting, lucky dip, craft activities, raffle, cake sale, retro games and much more. **Come along and bring your family and friends. For more details phone 020 8509 3898 or email info@elop.org**

Little Legs Football Training

Mondays, 5.30-7pm

Goals Centre, Morrisons Avenue, E4 8SN
Eastside Rangers Community Football Club offer football training for boys and girls aged four to 14. We are forming an under 7s team now. Play matches, work on the basic skills, learn the rules and have fun! Medals to be won. Staff all qualified and trained to meet the needs. £5 per child per week or £40 per 2 month block. **For more info phone 07939 366 992 or visit www.eastsiderangersfc.co.uk**

Peterhouse Baby and Toddler Group

Mondays, 9.15-11.15am

Peterhouse, Upper Walthamstow Road
Join us for tea, coffee, singing, playing and a friendly chat. Sorry no over fives. **For more details phone Sarah on 07779 124 888 or Amy on 07919 336 532.**

E17 Junior Guitar Club

Saturdays, times vary

Hornbeam Centre, 458 Hoe Street, E17 9AH
Guitar playing fun for children of all abilities. Ages 7 and upwards. Pay £7(£5 beginners)

for a taster session, then £42 (£30 beginners) for a half-term of six lessons. **For more information phone Christian Karlsson on 07958 471 083, email chris@stunningmusic.com or visit www.stunningmusic.com**

Maths and English Tuition

Tuesdays, 4.15-6pm

St Mary's Church Hall, Lindley Road, Leyton, E10 6QT. Leyton First Class Learning help children succeed in Maths and English. **For more information phone Rosa on 020 8505 4505 or 07503 140 389 or email leyton@firstclasslearning.co.uk**



Avola Dance Academy

Days and times vary

Sherm Hall Methodist Church, Shernhall St, Walthamstow, E17 9HX
Ballet, tap and freestyle dance classes for school age children. **For more details phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk**

Melody Movement

Fridays, 10.30am

Sherm Hall Methodist Church, Shernhall St, Walthamstow, E17 9HX
Offering dance and movement for children aged 2 and above. **For more details phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk**

Walthamstow Wolves FC

We are looking for goal keepers in year 4 and year 5 in September. If interested phone Dominic on 07956 221 053. **For more information on Walthamstow Wolves visit www.walthamstowwolves.com.**

Walthamstow East Children's Centre Welcome Meetings

Every Tuesday, 9.30-11.30am

Woodside Children's Centre, Wood Street, E17 3JX. Drop in for refreshments and to find out about the services and activities on offer for you and your pre-school child. **To find out more phone 020 8509 4375.**

Children and Young People's Directory

Compiled by the Council's Family Information Service (FIS), the directory gives free, impartial advice on childcare, general information on a wide range of services for children, young people and families and lists leisure and recreation activities of all kinds. **For more information visit http://csd.walthamforest.gov.uk**

Community Ward Forums

Leytonstone

Wednesday 4 September, 7-9pm

St John's Church, 825 High Road, Leytonstone, E11 1HH

Leyton

Wednesday 4 September, 7-9pm

Score Centre, Oliver Road, Leyton, E10

Forest

Thursday 5 September, 7-9pm

Leytonstone School, 59 Colworth Road, E11 1JD

For more information on Community Ward Forums visit www.walthamforest.gov.uk/community-ward-forums

Council Meetings

Thursday 5 September

Overview and Scrutiny Management Committee

Tuesday 10 September

Cabinet, 5pm
Planning Committee, 7pm

Wednesday 11 September

Environment Overview and Scrutiny Sub-Committee

Thursday 12 September

Housing Scrutiny Sub-Committee

All meetings are held at Waltham Forest Town Hall and start at 7.30pm unless stated otherwise.



Tell us what's on

Email your event details to: walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for 30 September 2013 edition is **Friday 13 September**

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Improvements at Leyton Library

Residents will see their library services transformed over the coming years, with significant improvement works taking place in Leyton, Leytonstone, Walthamstow and Chingford libraries. Leyton library is the first to be refurbished, and will be temporarily closed from 2 September until February 2014.

The new 'Library Plus' will have a modern IT suite on the ground floor with new machines and faster Wi-Fi available throughout the building. The first floor will house an attractive library for adults and a larger children's library with a new activity space and storytelling area. The new library has been designed with residents in mind, following a survey of what users wanted to see.

Teenagers will have a dedicated library, with new books, a study space and computers.

While the improvement works are taking place, Waltham Forest Council will open two temporary 'pop-up' libraries at nearby **Leyton Youth Centre** and **Sidmouth House**.

Leyton Youth Centre (E10 6PY) will be open from 4 September, on weekdays from 9am until 7pm, on Saturdays from 9am until 6pm and on Sundays from 12noon until 4pm.

Sidmouth House (E10 5QZ) will be open from 7 September, on weekdays from 4.30pm until 7pm, on Saturdays from 9am until 6pm and on Sundays from 12noon until 4pm.

Both temporary library sites will contain a mix of books and computers. Residents will also be able to reserve books on-line free of charge from Sidmouth House and Leyton Youth Centre (please visit www.walthamforest.gov.uk/libraries and follow the 'How to join the library' link). A step-by-step guide to online reservations is also available.

A full programme of events and activities will still take place across the local area.

All other libraries will remain open during Leyton's temporary closure, with the weekend opening hours for nearby **Lea Bridge Library (E10 7HU)** extended from 7 September, on Saturdays from 9am until 6pm, and on Sundays from 12noon until 4pm.

Harrow Green Community Library is also open from 11am to 2pm on Saturdays and 3pm to 7.30pm on Thursdays, at the Epicentre (Cathall Road/West Street, E11 4LJ).

The new Library Plus will provide easier access to a range of different Council services in one place. Residents will be able to use their nearest Library Plus to pay Council Tax, register a birth, receive advice about benefits and much more.

Services will be available online or via self-service machines and library staff will be on hand to help. Some Council services are already available in libraries, so the Library Plus improvement works will extend what we already know works well for many of our residents.

Improvement works will be taking place in October 2013 to restore the historic entrance to Walthamstow Library and will remain open as usual during this time. A larger refurbishment project will take place in early 2015.

The improvement of our libraries



is part of our drive to make Waltham Forest a better place to live for all of our residents. Work is well underway on 'Project 2013' planning, implementing and supporting £160million worth of regeneration works during the year.

More info

For more information on the refurbishment work, including the events and activities taking place in the temporary libraries visit www.walthamforest.gov.uk/libraryplus

Events at Sidmouth House

Special Events

Saturday 5 October	11am-1pm	Money Intelligence: How To Be Smart With Your Money
Sunday 13 October	1.30-3.30pm	Pop up Picture House Presents: Films for Black History Month. Dirty Pretty Things (15)
Tuesday 29 October	4.30-5.30pm	Happy Hour: Creative workshops for parents and children
Wednesday 30 October	5.30-7pm	A Million Acts of Resistance
Monday 4 November	7.30-9pm	Getting Paper Published
Wednesday 6 November	4.30-6.30pm	Acting Out
Sunday 15 December	12-2pm	Pop-up Picture House Presents: Christmas Films. The Muppets' Christmas Carol (U)

Regular Events

Every Saturday from 16th November until 14th December	Artistic Tableware Short Course
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Events at Leyton Youth Centre

Special Events

Wednesday 9 October	4.30-5.30pm	Around the World in 80 Wardrobes
Saturday 7 December	10.30am-12pm	Crafty Christmas Creations

Regular Events

Monday (term-time only)	10am – 11am	Colour Me Happy Arts and Crafts (ages 1 -5)
Tuesday (term-time only)	10.30am – 11am	Baby Bounce and Rhyme
Tuesday	1.30pm – 2.30pm	Leyton English Speaking Club
Tuesday (term-time only)	4pm – 5pm	Colour Me Happy Arts and Crafts (ages 4 – 11)
Saturday	10.45am – 12noon	Basic Computer Course

Places must be booked in advance for all events, by calling or visiting any library or visiting www.wflibraries.eventbrite.co.uk

Turn to page 17 for our library competition to win a Kindle

Wait is over as results come in

- Star pupils show off their academic credentials
- Pass rates soar at schools across the borough

Students at Norlington Boys School in Leyton were eager to get their hands on their GCSE results as they waited patiently for the sacred slips of paper to be handed out on Thursday 22 August.

Some had arrived two hours early and were directed to the gym where their agonising wait was over as envelopes arrived.

John Hernandez, headteacher at Norlington said: "We've had a great result this year especially in maths and science. We achieved a 93 per cent pass rate of students gaining five A*-C grades and 12 per cent of students got A*-A grades. This has been down to the improved quality of teaching and learning in the classroom."

Star pupil Shucaib Ali was over the moon when he found out he got 10 A*-A grades. The 16-year-old who has won a scholarship to study at Chigwell Sixth Form is hoping to pursue a career in medicine.

He said: "I am very happy with my performance and couldn't have asked for better results. I have spent the best five years of my life at Norlington and am looking forward to new challenges."

Fellow student Babar Arshad, 16, was also beaming as he scooped eight A*-A passes. Babar said: "I really didn't expect to do so well. I am so excited I can't wait to tell my parents as

they said I would get a new phone if I did well." Babar will be going off to Valentines High School to study A levels.

Over at Willowfield Humanities College in Walthamstow, staff and students were in the mood for a party as balloons and banners decorated the hallway. Ex Willowfield student and Mayor of Waltham Forest Nadeem Ali dropped by to congratulate students on their success.

Head boy Daniel Walsh notched up 12 A*-A passes and will be studying A Levels at City & Islington College. The 16-year-old said: "I am really proud of my maths result as I got a C in my mock exam and my hard work paid off as I got an A. This is incredible and will take a while to sink in!"

Safia Hussain was overwhelmed when she saw her results of 10 A*-A. The 16-year-old said: "I am so happy I can't believe it. I keep looking at the marks to check they are right as I am in shock! I can't wait to tell my family."

At Rushcroft Foundation School in Chingford students Tahoor Butt and Eda Aksoy led the way with top results. Tahoor got eight A*s and an A whilst Eda racked up seven A*s and two As. The school achieved a nine per cent improvement on last year's result following a successful partnership with Chingford Foundation School.

Buxton School made great



Happy students at Frederick Bremer, Norlington Boys School and Willowfield Humanities College

strides this year with 65 per cent of students gaining five A*-C grades including maths and English and 98 per cent five A*-C.

Frederick Bremer School achieved a 100 per cent pass rate with notable performances by Stanley Soulsby with eight A*s and an A and Max Stoker with four A*s and five As.

Lammas School & Sports College was the most improved school in the borough with 56 per cent of students gaining five A*-C passes, an increase of 15 per cent from last year.

More info

For more details on schools and colleges in the borough visit www.walthamforest.gov.uk/education or phone 020 8496 3000.



In brief

New homes and food store plan

Nearly 250 new homes could be created in the heart of Walthamstow as part of the proposed redevelopment of the Alpha Business Centre and car park at South Grove. The Council has received a planning application for a state-of-the-art new Morrisons foodstore, additional non-food retail units, car parking and 248 new homes. The plans were submitted by South Grove Regeneration Walthamstow Ltd

who have already held consultation events with the local community. As part of the Council's planning process a statutory consultation will take place shortly giving residents and local business the opportunity to have their say and comment on the development. • **To view this planning application and others visit www.walthamforest.gov.uk**

Meet the forest animals

Children have been getting up close and personal with animals of all shapes and sizes at Suntrap Forest Education Centre. The centre is managed by Heathcote School on behalf of the Council. Youngsters enjoyed trips to the centre based in Epping Forest as part of the Council's Summer Daze scheme during the holidays. Brothers Nathan and Sean Audley from Walthamstow made friends with the salamanders on

their visit. Families from the Low Hall play scheme enjoyed a day of bush craft skills including making dens in the forest. Other activities on offer included pond dipping, mini-beast hunts and exploring the forest. Suntrap will be holding an open day on Saturday 12 October from 1-5pm for residents to find out more about the facility.

• **For more details about Suntrap phone 020 8508 0611.**



Nathan Audley holds a fire salamander

Waltham Forest Council

**WE COLLECT
ALL YOUR
BULKY WASTE
FOR FREE.**

For more information on these figures visit
www.walthamforest.gov.uk/your-money



Open Day
Thursday 7 November
Explore our scenic 108 acres.
and indulge yourself by sampling
mince pies and mulled wine –
just in time for Christmas!

Registered Charity Numbers 306101 (England and Wales) and SC038437 (Scotland)

GILWELL PARK
 CONFERENCE CENTRE
towntocountry.co.uk/gilwell

@GPconferences /towntocountry

Wedding receptions, parties, conferences, corporate activity days, training

Gilwell Park, Bury Road, Chingford, London E4 7QW
 t: 020 8498 5300 e: gilwell.conferences@scouts.org.uk

Barts Health NHS
 NHS Trust

Barts Health Open Day 2013
Whipps Cross University Hospital

Whipps Cross University Hospital,
 Whipps Cross Road, Leytonstone, London E11.

Saturday 14 September
12noon - 4pm

Come and join us for a healthy living family fun day including:

- ▶ Healthy living fair and health checks
- ▶ Whipps Cross Hospital Radio broadcasting live
- ▶ NHS careers fair
- ▶ Leyton Orient FC
- ▶ Refreshments
- ▶ Emergency services
- ▶ Music and entertainment
- ▶ Children's activity area

Car parking is free. Bus routes online at:
www.bartshealth.nhs.uk

All welcome

Barts Health: Changing Lives

Kindly sponsored by Barts Charity www.bartscharity.org.uk

Getting on and staying well

- Advice and tips on offer to help reduce falls in older people
- Find out about local services to keep you healthy and active

Getting older can be worrying and a challenge, but fortunately Waltham Forest residents can access a range of services, help and advice to ensure they remain as healthy and independent as possible.

The Council is investing in services that matter most to older people and as part of our campaign to keep people healthy and well, we are providing advice that will help stop falls in the home and outside.

Cllr Angie Bean, cabinet member for Adult Services said: "Although most falls do not cause injury, the results of a fall can be serious. Broken bones do not always heal completely as you get older and a serious injury could mean that you would no longer be able to live without support. It is important to find out how you can prevent this from happening to you."

A team of young volunteers will join forces with Age UK Waltham Forest to give out information packs in Station Road, E4 and in Walthamstow Town Square on Saturday 7 September from 11am.

The packs provide information on maintaining a healthy body and mind and how to make your home falls-free.

It also provides reminders that simple things like staying hydrated by drinking six to eight cups of liquid a day is vital for our bodies to work properly and help avoid falls. Particularly important in hot weather, but this applies throughout the year.

Sheena Dunbar, Chief Executive of Age UK Waltham Forest said: "I am getting older myself and am aware just how important keeping hydrated is for my well-being. I keep a bottle of water beside me when at home, so that I keep drinking throughout the day. I also ensure that I have a



Advice is on offer to ensure older people remain independent

bottle of water in my bag when I go out, wherever I am. If I forget to drink enough, I can definitely feel bad effects. I urge all older people to keep track of how much they drink each day."

If you have fallen, even if you have not hurt yourself badly, it is important to talk to someone about it quickly so that another fall is avoided. Talk to your GP or get in touch with Age UK Waltham Forest.

More info

For more information on services for older people phone **020 8496 3000** or visit **www.walthamforest.gov.uk** You can also contact Age Concern Waltham Forest on **020 8558 5512** or visit **www.ageuk.org.uk/walthamforest**

In brief



Athlete Georgia Green has benefited from the bursary scheme

Funding for sports stars

Young people have the chance to receive up to £3,000 worth of funding as the Council extends its sports bursary scheme. Launched last year in partnership with the Australian Olympic Committee, the scheme provides athletes with support to help them train and compete. The new bursaries are available to residents aged between 14 and 25. Applicants must actively compete and be ranked in the top 100 in the country for their age group or have competed at county, regional or national level. However 'wildcard' entries will be considered. Successful applicants will receive specialist coaching, access to training facilities, and chance to apply for additional funding. Closing date for applications is 20 September.

• To apply visit **www.walthamforest.gov.uk** or email **sports.dev@walthamforest.gov.uk** for a form.

Day Opportunities

Day opportunities in Waltham Forest are about to change...

innovative, flexible, responsive and personalised
this is the future of day opportunities in the borough.

Over the last few months the Council has been working with service users, carers, providers and staff to look at how we provide day opportunities in Waltham Forest in the future. Building on what they told us we have together developed a new model that we would like to get your views on.

Our aim working closely with partners is to develop a market where choice and control and health and well-being are at the core of what we do, not just for those with an eligible social care need but also to support the borough's many self-funders.

We are now at the stage where we are ready to consult on the co-produced model and there are lots of ways for you to get involved and have your say.

Or find out more about the plans and complete the feedback form on our website at **www.walthamforest.gov.uk/Pages/News/Day-Opportunities-Consultation.aspx**. Copies of this presentation will also be available at the borough's public libraries.

Please join us at any of the following public meetings:

11 September - 6:00pm
Council Chamber, Town Hall, Forest Road, Walthamstow E17 4JF

13 September - 10:00am
Chingford Assembly Hall, Station Rd, Chingford E4 7EN

16 September - 2:00pm
Sidmouth House, Sidmouth Rd, Leyton E10 5QZ

Fact file

- Free swimming is available for the over 60s at all of our leisure centres. Just apply for a Pay and Play card using your Freedom Pass. There is a one off fee for the card of £6.90
- A wide range of exercise classes and activities are on offer at leisure centres for older people
- Why not take up walking in a park to stay fit and active. Lloyd Park offers a free Tai Chi class for the over 50s

The Wellbeing Hub New activities for the Over 50s taking place at Walthamstow Academy, Billet Road, Walthamstow, E17 5DP

Tai Chi

Saturdays: 11am from 5th Oct 2013
Cost: £3.00 per week

The health benefits of Tai Chi are widely reported, they include a positive effect on muscle strength, flexibility, and balance. Tai chi can be easily adapted for anyone, from the most fit to those recovering from surgery. Our classes are informal and enjoyable and taught by a highly trained experienced tutor.

Beginners Computer Classes

Saturdays: 10.30am-12.30pm from 5th Oct 2013
Cost: £39.90 10 week course

Our beginners course provides older adults with the basic skills of accessing and using the internet and email, as well as basic word processing skills. We have been teaching these classes in the borough for over ten years. The cost of the course includes a copy of our tailored made handouts.

Stage by Stage (Musical Theatre)

Group 1: Drama

Tuesdays: 6.00-8.00pm from Oct 2013
Cost: £2.00 per week

Group 2: Choral Singing

Wednesdays: 6.00-8.00pm from Oct 2013
Cost: £2.00 per week

Auditions for either or both groups from 6.30pm on 18th, 24th and 25th September

To join one of the groups or to book an audition for Stage by Stage or any further information please contact Emma on 0208 558 5512 or email info@ageukwalthamforest.org.uk

The Wellbeing Hub a Partnership between
Age UK Waltham Forest and Walthamstow Academy



Walthamstow Academy
The best in education



We Need Volunteers

Volunteers have always been vital to our organisation. In these hard times, volunteers are critical to our being able to support older people in our community.

It doesn't matter if you have never volunteered before or what skills you have, anyone can volunteer with us. If you only have a couple of hours a week or many hours to spare, we would like to hear from you.

Roles vary across the organisation. There is something for everyone. Training and support is provided.

Donating your time and skills is an amazing gift, our simple application form is available online

www.ageuk.org.uk/walthamforest/how-you-can-help/volunteering
or by telephone 0208 558 5512

or email
info@ageukwalthamforest.org.uk

We have various roles available such as:

Volunteer Computer Tutors

'Just Connect' Befriending Volunteers

Information and Advice Volunteers

Photographer

Active Tutors - Dance, Tai Chi, Yoga, Pilates etc

Activity Assistants

'Your Choice' Volunteers

If you have a particular skill, interest or hobby you would like to share and it's not listed, please do let us know as we are always looking for new ideas.

supported by



Better Housing
2013

Do you know of any empty properties on your street?

Empty Property Scheme

There is approximately one empty property on every street in the borough that could potentially become a new home for a family or individual.

We need your help. If you know of an empty property such as a house or flat above a shop, please email the address to empty.property@walthamforest.gov.uk or phone **020 8496 3000**.

The Council can then contact the owner and try to get it put back into use.

For more information visit

www.walthamforest.gov.uk/emptyproperties



Be in with a chance to win a Kindle



Young people will benefit from a larger space in the new library

Residents have the chance to get their hands on their very own Kindle by getting creative and coming up with a name for a young people's library.

Waltham Forest Young Advisors who specialise in engaging with young people are running the competition to decide on a name for the new young people's library based in Leyton Library.

The Council is working on a £5 million programme to refurbish its four main library buildings, and we

want you to put forward your ideas for a name for this room before the library re-opens in February 2014.

We are looking for a name that will appeal to all young people in Waltham Forest, but does not include the words 'youth' or 'young people' as the room will also be used as a multi-purpose space during school and college hours.

It should also be a name which could be used in other library branches in the borough that have a similar multi-purpose space.

All entrants will have to complete a short survey before submitting their suggestion. The winning entry will receive an Amazon Kindle Fire and runner up prizes include an Amazon Kindle Basic and £50 of Amazon vouchers. The deadline for entries is Monday 30 September.

To enter the competition, applicants must be aged 11-19 and live in the borough.

To suggest a name visit
www.surveymonkey.com/s/leytonlibrary

In brief

Electoral clarification

In the last issue of Waltham Forest News we incorrectly stated that residents should expect to receive their Household Electoral Registration Forms in the first week of December, when it should have read the first week of October.

• **For more information visit the Council's website at**
www.walthamforest.gov.uk/pages/services/elections-electoral-register

King gives kids a summer to remember



Ledley King meets the borough's sporty youngsters



Grants to tackle litter

Residents are asked to join in this year's Capital Clean Up to rid their streets of litter, rubbish and graffiti. The Mayor's Capital Clean Up campaign in conjunction with McDonalds is giving away grants of up to £500 to help volunteers with their event. Groups and businesses can apply for a grant to create a new garden, remove graffiti or to spruce up their area. The idea is to bring the community together by boosting civic pride and to make the borough a better place to live.

• **For more details and to apply for a grant visit** www.london.gov.uk/capitalclean-up



Cockroaches found

The Council's health officers closed The Village Food Court/Mauritian Spot at 234 Hoe Street, Walthamstow after a visit on 19 August revealed German cockroaches and evidence of mice in the premises. The outlet was dirty, especially in the food preparation areas, and there was a poor standard of hygiene. The Council obtained an Emergency Hygiene Prohibition Order from Stratford Magistrates' Court on 21 August.

• **For more information visit the Council's website at** www.walthamforest.gov.uk or call 0208 496 3000.

- **Ex-England footballer Ledley King celebrates with young people**
- **More than 50 schools took part in Schools Open for Summer scheme**

Local children making the most of the last day of the Council's Schools Open for the Summer programme were treated to a special visitor when ex-England footballer Ledley King visited Larkswood Primary School.

The Tottenham Hotspurs Club Ambassador gave out certificates and goody bags, as well as signed autographs for local youngsters.

"It's good to see the work the Club is doing in the community through the Tottenham Hotspurs Foundation. Our partnership with Waltham Forest will help us

continue to keep young people active and healthy by getting involved in sport."

The Council's Summer Daze and Schools Open For Summer schemes offer all young people up to the age of 19, and young people with disabilities up to the age of 25, a huge range of free and low cost- and fun- activities. It's all part of the Council's commitment to keep young people entertained, educated and healthy during the school holidays.

This year more than 50 schools open their doors for the Schools Open for the Summer programme,

helping to unlock fantastic child-friendly facilities for use during the school holidays. Children were able to take part in a host of activities ranging from sport and arts to music.

Councillor Ahsan Khan, cabinet member for Health and Wellbeing at Waltham Forest Council, said: "This was a fantastic culmination to our summer programme. The children were delighted to see football star Ledley King turn up and congratulate them for their sporting achievements. Hopefully this will inspire them to continue to take part in sport and stay active

and healthy."

Ledley was selected for 21 Internationals, and now works closely with Tottenham Hotspur's Foundation to inspire local young people to participate in sport, achieve in education, improve their health and well-being and stay away from crime and anti-social behaviour.

More info

For more information on the Council's programme of events and activities for young people visit www.walthamforest.gov.uk/cypd or phone 020 8496 3000.

Highways

LONDON BOROUGH OF WALTHAM FOREST. REVOCATION OF DOCTORS PARKING PLACE – CAVENDISH ROAD The Waltham Forest (Doctor Parking Place) (Revocation No. 1) Traffic Order 2013. T38

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest on 26th August 2013 made the above-mentioned Order under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Order will be to revoke the doctor parking place on Cavendish Road that provides space for 2 cars.

3. Copies of the Order, which will come into operation on 9th September 2013 and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of any of the Order or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Order, make application for the purpose to the High Court.

Dated: 2nd September 2013

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST. NOTICE OF INCREASE IN PENALTY CHARGES FOR PARKING CONTRAVENTIONS.

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest, following approval given by the Mayor of London and the Secretary of State for Transport, will amend the Bands set for Penalty Charges relating to the enforcement of parking contraventions in the Borough.

2. The new charges, which will come into effect on the 1st October 2013, are as follows:

Penalty Charges for parking contraventions for all roads within the London Borough of Waltham Forest will be increased to Band A – Higher rate £130 reduced to £65 if paid within the statutory period starting from the date of issue of the Penalty Charge Notice or lower rate £80 reduced to £40 if paid within the statutory period starting from the date of issue of the Penalty Charge Notice.

3. If you have any queries regarding these changes, please contact Waltham Forest's Parking Services by Email at parking.services@walthamforest.gov.uk.

Dated 2nd September 2013

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST. EXTENSION OF THE WSN PERMIT PARKING ZONE – WOOD STREET AREA. The Waltham Forest

(Wood Street CPZ) (Parking Places) Experimental Traffic Order 2013. The Waltham Forest (Waiting and Loading Restriction) (Amendment No. *) Order 2013. The Waltham Forest (Cashless Parking) (Parking Places) (Amendment No. *) Order 2013. The Waltham Forest (Free Loading Places) (Amendment No. *) Order 2013. The Waltham Forest (Free Parking Places) (Short Stay) (Amendment No. *) Order 2013. T43

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest on 26th August 2013 made the above Orders under sections 9 and 10 of the Road Traffic Regulation Act 1984 as amended. The Orders will come into force on 7th October 2013 and may continue in force for up to 18 months.

2. The general effect of the Orders will be to:

- extend the existing boundary of the Wood Street North (WSN) Controlled Parking Zone (CPZ) to include Albion Road, Parkstone Road, Prospect Hill, Shernhall Street between its junction with Forest Road and the south-eastern boundary of No. 26 Shernhall Street, Wood Street, between its junction with Forest Road and its junction with Vallentin Road and Wyatts Lane;
- introduce permit holder parking places into Albion Road, Parkstone Road, Prospect Hill, Shernhall Street and Wyatts Lane that will operate between 10am and 4pm on Mondays to Fridays inclusive;
- convert the existing voucher parking places in Barrett Road, Havant Road, Marlowe Road and Woodlands Road, to cashless parking places that will operate between 10am and 4pm on Mondays to Saturdays inclusive;
- introduce a short stay free parking place into Wyatts Lane that will operate between 10am and 4pm on Mondays to Fridays inclusive where vehicles will be permitted to stay for a maximum period of 1 hour with no return within 2 hours;
- introduce a loading bay into Wyatts Lane, outside No. 52, that will operate between 8am and 6pm on Mondays to Fridays inclusive;
- introduce "at any time" double yellow line waiting restrictions into the lengths of street specified in Schedule 1 to this Notice; and
- introduce single yellow line waiting restrictions into Shernhall Street, adjacent to No. 26, that will operate between 8am and 6:30pm on Mondays to Saturdays inclusive.

3. The Wood Street CPZ Order will provide that:

- the operational hours in the CPZ for all parking places will be between 10am and 4pm on Mondays to Fridays inclusive;
- vehicles displaying any valid permit displaying the letters WSN will be able use the permit parking places provided in the streets within the WSN CPZ;
- except in the parking places referred to above, waiting by vehicles will be banned in the streets listed in paragraph 2(a) to this Notice between 10am and 4pm on Mondays to Fridays inclusive; ["At any time" waiting restrictions in certain areas of certain streets listed in paragraph 2(a) above will also apply]; and
- those addresses specified in Schedule 2 to this Notice relate to those properties whose occupiers are eligible to purchase permits to park in the WSN CPZ.

The charges for permits and vehicle class would be as follows:

A. Residents' permit – 12 months)
B. Residents' permit (second vehicle) – 12 months

- C. Residents' permit (more than two vehicles) – 12 months**
D. Residents' permit – 1 month
E. Residents' permit foreign vehicle – 6 months
F. Schools 15 minute permit – 12 months

1. Engine size less than 900cc registered before 1st March 2001
 2. Engine size between 901cc and 3000cc registered before 1st March 2001
 3. Engine size more than 3000cc registered before 1st March 2001
 4. CO2 emissions less than 120 g/km registered after 1st March 2001
 5. CO2 emissions between 121 and 185 g/km registered after 1st March 2001
 6. CO2 emissions more than 185 g/km registered after 1st March 2001
- A1. £12.50 A2. £25.00 A3. £120.00 A4. £12.50 A5. £25.00 A6. £120.00**
B1. £42.00 B2. £90.00 B3. £210.00 B4. £42.00 B5. £90.00 B6. £210.00
C1. £65.00 C2. £150.00 C3. £280.00 C4. £65.00 C5. £150.00 C6. £280.00
D1. £10.00 D2. £20.00 D3. £100.00 D4. 10.00 D5. £20.00 D6. £100.00
E1. £24.00 E2. £50.00 E3. £150.00 E4. £24.00 E5. £50.00 E6. £150.00
F1. £21.00 F2. £42.00 F3. £125.00 F4. £21.00 F5. £42.00 F6. £125.00

Other permits

All-Zone Business Visitor's Permit – book of 30 permits (valid for 1 hour each) £23, book of 20 permits (valid for 2 hours each) £30, and book of 10 permits (valid for 5 hours each) £40; Business Permit – 3 months, £220; Business Permit – 12 months, £390; Business Permit – 12 months (more than two vehicles), £570; Charity permit – 12 months, £40; Charity permit – 12 months (more than two vehicles), £172; Essential User Permit – 1 month, £27; Essential User Permit – 6 months, £105; Essential User Permit – 12 months, £180; Visitor permits – 1 hour book of 30, £14 (free to over 70's, 1 book per year); Visitor permits – 2 hours book of 20, £16; Visitor permits – 5 hours book of 10, £18, Vouchers - 80 pence for 30 minutes or £1.30 per hour. Services charges for change of VRM, change of address, refund, or lost or stolen permit, £20

4. Documents giving more detailed particulars of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from the date on which this notice is published until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17 4JF and (b) Low Hall Depot, Argall Avenue, London, E10 7AS.

5. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by other Orders or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification or the latest variation or modification came into force. Any such objection must be made in

writing and must state the grounds on which it is made and be sent to Traffic Orders, Environment and Regeneration, Low Hall, Argall Avenue, London, E10 7AS, quoting reference Traffic Orders T43. Any objection may be communicated to, or be seen by, other persons who may be affected

6. If any person wishes to question the validity of the Orders or of any of the provisions on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court. For more information please telephone 020 8496 3000 quoting reference Traffic Orders - T43.

Dated 2nd September 2013

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE 1

Albion Road, at its junction with Parkstone Road; Forest Road E17, at its junction with Shernhall Street; Parkstone Road, outside Nos. 41 and 54; Prospect Hill, (1) south-west of No. 1 Prospect Hill, (2) outside Powell Court; Shernhall Street, between its junction with Forest Road E17 and Gilbert House; Wyatt's Lane, between Shernhall Street and Parkstone Road.

SCHEDULE 2

Albion Road, Blackberry Close, Church Hill Road, Forest Road E17 (part), Havant Road, Marlowe Road (part), Parkstone Road, Prospect Hill, Shernhall Street (part), The Drive E17 (part), Turner Road, Wood Street (part), Woodlands Road, Wyatts Lane.

LONDON BOROUGH OF WALTHAM FOREST. ROAD TRAFFIC REGULATION ACT 1984 – SECTION 16(A) AS AMENDED BY THE ROAD TRAFFIC REGULATION (SPECIAL EVENTS) ACT 1994. THE WALTHAM FOREST ('CAR FREE DAY' SPECIAL EVENT) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2013

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that to facilitate the holding of a special event, namely a 'car free day', to be held on Sunday 8th September 2013 in sections of High Road, Leytonstone, Lemna Road, Kirkdale Road and Church Lane, E11 it has made an Order, the general effect of which will be, only at such times and to such extent as regulatory traffic signs are displayed, to:

- prohibit all vehicles from waiting or loading in those roads and lengths of road specified in Schedule 1 of this Notice on Sunday 8th September 2013;
- close to all vehicles the roads and lengths of roads specified in column 1 of Schedule 2 of this Notice between 6 a.m. and 10 p.m. on Sunday 8th September 2013, except for emergency service vehicles, special event organisers' vehicles and further exemptions as indicated in column 2 of Schedule 2 of this Notice; and
- suspend the existing one-way working for vehicles in the lengths of High Road, Leytonstone referred to in Schedule 2 of this Notice.

2. Whilst the prohibitions referred to in paragraph 1 of this Notice remain in force,

the main alternative route for vehicles avoiding Leytonstone Town Centre will be via Gainsborough Road, Grove Green Road and Cathall Road for southbound vehicles and via either Harrow Road or Cann Hall Road, Lakehouse Road, Blake Hall Road and Bush Road for northbound vehicles.

3. The Order will come into operation on Sunday 8th September 2013 and will remain in force for one day only.

Dated 2nd September 2013

K. Valavan, Head of Highways and Infrastructure, Low Hall, Argall Avenue, London E10 7AS

SCHEDULE 1

Church Lane; Kirkdale Road; High Road, Leytonstone, between Church Lane and Gainsborough Road, E11

SCHEDULE 2

Roads & lengths of roads closed to vehicles

- High Road, Leytonstone, between Burghley Road and Kirkdale Road
- High Road, Leytonstone, between Kirkdale Road and Gainsborough Road
- Lemna Road, E11
- Kirkdale Road, E11, between Matalan's car park and High Road, Leytonstone
- Kirkdale Road, E11, between Matalan's car Park and Church Lane
- Church Lane, including the Church Lane car park

Vehicles further exempted from closure, but controlled by special event stewards

- Buses (two-way operation)
- Buses (two-way operation), vehicles accessing frontages for loading/unloading purposes and vehicles egressing from Lemna Road/Kirkdale Road
- Residents' vehicles and vehicles accessing frontages for loading/unloading purposes
- Vehicles accessing Matalan, vehicles accessing frontages for loading/unloading purposes and vehicles egressing from Lemna Road
- None
- None

LONDON BOROUGH OF WALTHAM FOREST. ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1). THE WALTHAM FOREST (VARIOUS ROADS, CARRIAGEWAY REPAIRS) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2013. TT58

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 27th August 2013 it made an Order to enable carriageway repair works to be carried out in a safe and efficient manner in certain roads, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) in certain roads and restrict waiting and loading by vehicles (except works vehicles) in certain roads.

2. Whilst the works are being carried out no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in the roads listed in the Schedule to this Notice.

N.B. These works will not be carried out simultaneously in all roads at any one time but in a sequence as directed by the Council.

3. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic will be indicated

by traffic signs.

4. Vehicles waiting or loading in disregard of this Order will be removed.

5. The restrictions mentioned above will not apply in relation to any vehicle being used:

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allows.

6. The Order will come into operation on 2nd September 2013 and will be valid for a maximum period of 6 months or until the works are completed, whichever is the sooner.

Dated 2nd September 2013

Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE

Chichester Road E11, Mornington Road E11, Coopers Lane E10, Eatington Road E10, Essex Road South E10, Malta Road E10, Hurst Road E17, McEntee Avenue E17, Orford Road E17, Sinnott Road E17, Ainslie Wood Road E4 and Nelson Road E4, Normanton Park E4.

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1) THE WALTHAM FOREST (HOE STREET AREA) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2013 - TT60

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends to make an Order to enable carriageway works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) in certain roads and restrict waiting and loading by vehicles (except works vehicles) in certain roads.

2. Whilst the works are being carried out and signs are in place, no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in the roads or lengths of road listed in the Schedule to this Notice. N.B. These works would not be carried out simultaneously in all roads at any one time but in a sequence as directed by the Council.

3. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.

4. Vehicles waiting or loading in disregard of this Order would be removed.

5. The restrictions mentioned above would not apply in relation to any vehicle being used:

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

6. The Order would come into operation on 18th September 2013 and would be valid for a maximum period of 3 months or until the works are completed, whichever is the sooner.

Dated 2nd September 2013

Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Schedule

Albion Road; Parkstone Road; Prospect Hill; Sernhall Street, between Forest Road and No. 28 Sernhall Street; and Wyatts Lane.

LONDON BOROUGH OF WALTHAM FOREST. ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1). THE WALTHAM FOREST (HOE STREET AREA) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2013. TT51

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends making an Order to enable carriageway works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) in certain roads.

2. Whilst the works are being carried out no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in:

(a) Burnside Avenue, between its junctions with Rowan Avenue and Silver Birch Avenue;

(b) Francis Road, between its junction with High Road Leyton and No. 219 Francis Road;

(c) Forest Road, between No. 617 Forest Road and Nos. 507/509 Forest Road;

(d) Hoe Street, between its junction with Forest Road and No. 129 Hoe Street; and

(e) North Countess Road, between its junctions with William Avenue and Keith Road.

3. Whilst the works are being carried out no person shall cause or permit any vehicle to wait or load for any purpose, at any time, in those roads and length of roads specified in Schedule 1 to this Notice.

4. Whilst the works are being carried out no person shall cause or permit any vehicle to enter or exit the roads specified in Schedule 2 to this Notice at the respective junctions stated in that Schedule.

5. Whilst the works are being carried out the one way operation for traffic shall be suspended in those roads specified in Schedule 3 to this Notice.

6. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.

7. Vehicles waiting or loading in disregard of this Order would be removed.

6. The restrictions mentioned above would not apply in relation to any vehicle being used:

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

7. The Order would come into operation on 1st October 2013 and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner.

Dated 2nd September 2013

Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE 1

Aubrey Road, Badlis Road, Bedford Road, Bromley Road, Browns Road, Gaywood Road, Greenleaf Road, Hatherley Road, Hawthorne Road, Jewel Road, Milton Road, Pearl Road, Richards Place, Ruby Road, Tower Hamlets Road, Winns Terrace.

SCHEDULE 2

Aubrey Road at its junction with Hoe Street; Badlis Road at its junction with Forest Road; Bedford Road at its junction with Forest Road; Bromley Road at its junction with Forest Road; Browns Road at its junction with Hoe Street;

Gaywood Road at its junctions with Forest Road and Hoe Street; Greenleaf Road at its junction with Hoe Street; Hatherley Road at its junction with Hoe Street; Hawthorne Road at its junctions with Forest Road and Hoe Street; Jewel Road at its junctions with Forest Road and Hoe Street; Milton Road at its junction with Hoe Street; Pearl Road at its junction with Hoe Street; Richards Place at its junction with Hoe Street; Ruby Road at its junctions with Forest Road and Hoe Street; Tower Hamlets Road at its junction with Hoe Street; Winns Terrace at its junction with Forest Road.

SCHEDULE 3

Badlis Road, Browns Road, Gaywood Road, Hawthorne Road, Jewel Road, Milton Road, Richards Place, Ruby Road and Tower Hamlets Road.

Planning

PLANNING AND COMPULSORY PURCHASE ACT 2004. THE TOWN AND COUNTRY PLANNING (LOCAL PLANNING) (ENGLAND) REGULATIONS 2012. INSPECTOR 'S FINAL REPORT ON A LOCAL PLAN. WALTHAM FOREST LOCAL PLAN. DEVELOPMENT MANAGEMENT POLICIES

Waltham Forest Council has prepared the proposed submission version of the Local Plan Development Management Policies. The document contains proposed planning policies used mainly to guide and determine planning applications within the Borough (along with other Local Plan documents). The Examination in Public was held on 21st and 28th May 2013. A final report on the examination into the Development Management Policies Local Plan was received from the Inspector on 7th August 2013. This concluded that the Waltham Forest Development Management Policies Local Plan provides appropriate sound policies to guide the planning of the Borough over the next 15 years, provided the main modifications are made. Appendix to the report contains these recommended main modifications.

Inspection of documents

Copies of the Inspector's final report are available for inspection:

- at all Waltham Forest Libraries (during normal opening hours)
- at Sycamore House (Reception), Waltham Forest Town Hall Complex, London E17 4JF
- by downloading from the Council's website: <http://www.walthamforest.gov.uk/Pages/ServiceChild/Development-Management-Policies-Submission.aspx>

Paper copies of the Inspector's final report on the examination into the Development Management Policies Local Plan are available on request by contacting the Planning Policy Unit at the address below.

- Planning Policy, Sycamore House, London Borough of Waltham Forest, Waltham Forest Town Hall Complex, London E17 4JF

Further information:

For enquiries, email planning.policy@walthamforest.gov.uk or contact the Planning Policy Unit on Tel. 020 8496 3000 or at the address above.

LONDON BOROUGH OF WALTHAM FOREST. TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND). ORDER 2010 - NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL.NO 2013/1251

APPLICANT Mr Peter Harris

ADDRESS 590 - 594 High Road Leyton Leyton, E10 6RL And 1 Hainault Road Leytonstone E11 1ED

PROPOSAL Demolition of existing B1 building and redevelopment of up to four storeys to provide 50 residential units together with associated landscaping, car parking and refuse.

APPL.NO 2013/1252

APPLICANT South Grove Regeneration Walthamstow Ltd

ADDRESS Land at South Grove, Walthamstow London E17

PROPOSAL Demolition of the existing buildings and comprehensive mixed-use redevelopment comprising a supermarket (Class A1), non-food retail units (Class A1), flexible floorspace for Classes A1/A2/A3/ D1, and 248 residential units (Class C3); together with associated car and cycle parking, highway works, public realm, amenity space, landscaping, plant and servicing arrangements.

APPL.NO 2013/1250

APPLICANT CBHA

ADDRESS The Lincolns Public House 566 High Road Leytonstone Leytonstone London: E11 3DH

PROPOSAL Erection of five storey block to provide 17 self-contained flats (3 x 1 bed, 7 x 2 bed, 6 x 3 bed and 1 x 1 bed).

APPL.NO 2013/1234

APPLICANT Network Housing Group

ADDRESS Garages on Oatland Rise at Rear of St Andrews Court, Walthamstow, London E17

PROPOSAL Demolition of existing garages. Erection of two, 4 storey block of flats to provide 18 self contained flats (6 x 1 bed and 12 x 2 bed).

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall

Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. - 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day 02 September 2013

David Scourfield - Head of Development Management & Building Control. On Behalf of London Borough of Waltham Forest

LONDON BOROUGH OF WALTHAM FOREST. PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 - SECTION 67

NOTICE IS HEREBY GIVEN that the following application affecting a Listed Building has been made to the Council.

APPL.NO 2013/1261/LB

APPLICANT Mr Stephen Bullen

ADDRESS Higham Villa, 3 High Elms Woodford Green, Essex IG8 0UP

PROPOSAL An application for listed building consent. Remove the existing render from all elevations, repair structural issues uncovered rerun cornice to front elevation and side return, re-render portico and reform portico columns.

APPL.NO 2013/1268/LB

ADDRESS Leyton Library 265A High Road Leyton Leyton E10 5OH

PROPOSAL An application for listed building consent. Internal refurbishment at ground, first and second floors including new flooring feature lighting, internal decoration, widening of two second floor door opening and 4 wall mounted display panels at ground floor.

APPLICANT Ms Michelle Maloney

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. - 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day 02 September 2013

David Scourfield - Head of Development Management & Building Control On Behalf of London Borough of Waltham Forest

Waltham Forest News

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ANOTHER BRILLIANT YEAR
IN WALTHAM FOREST

**FREE
EVENT**
NO TICKET
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LEYTONSTONE **BiG weekender**

Saturday 7 September 12noon–4pm

Family Fun Day

Art workshops and fun activities including the infamous
Spider Mountain climbing structure.

**Cathall Green, Cathall Lane
Leytonstone E11 4DD**

Sunday 8 September 1pm–6pm

Car Free Day

Join the party atmosphere in the streets without cars.
This green themed event has **pedal karts, climbing walls
and bike fixing workshops**. Live music by two tone legends
The Beat, Rags Rudi and local artists.

Leytonstone Town Centre

Outside Leytonstone Tube Station E11



The Beat



www.walthamforest.gov.uk/events-get-together



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Waltham Forest